

Body & Soul COACHING

FITNESS • NUTRITION • MINDSET

Weight Loss Workshop Workouts: Abdominal Circuit Workout

Abdominal Circuit

A1



Windshield Wiper

- Stand with feet hip width apart, abdominals pulled in and knees soft
- hold weight in hands directly overhead (weight plate, weighted ball, resistance tube)
- Slowly bend from left to right without moving your hips

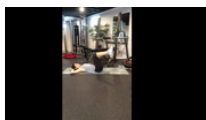
A2



Bosu Crunch with a Twist (obliques)

- lie on bosu with low back supported, keep abdominals contracted throughout movement
- hands are behind head supporting not pulling
- raise our shoulder up and to the right, twisting at the waist as high as you can maintain proper form
- return to start and repeat on the other side

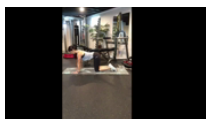
A3



Reverse Crunch Floor

- Lying on floor in supine position with knees bent and feet off the floor
- keep abdominals pulled in and contracted throughout the movement (if you feel you abs pushing out, you need to scale back on the move)
- With your abs pulled in tight, and without swinging your legs, raise your hips off the floor
- use control, not momentum
- return to starting position for one rep.

A4



Bird Dog for Reps

- Position yourself on hands and knees, keeping hands below shoulders and knees below hips
- Raise your left arm and right leg until inline with your torso
- pause at the top of the movement
- bring left hand and right knee together and then extend back to starting position for one rep
- complete all reps on one side then the other