

Super Elongated Crunches

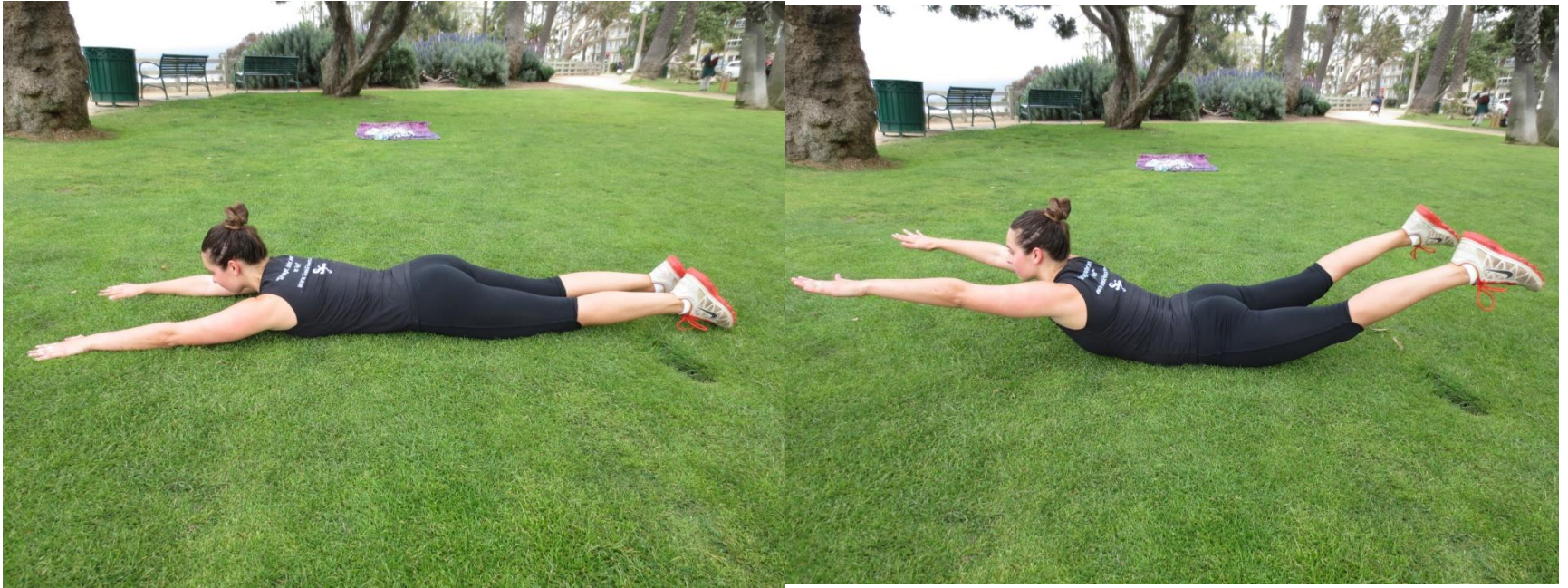


With your legs about a foot off the ground, raise them up a foot while crunching at the same time.

Duration: 60 – 80 sec.

Target: Abs.

Superman

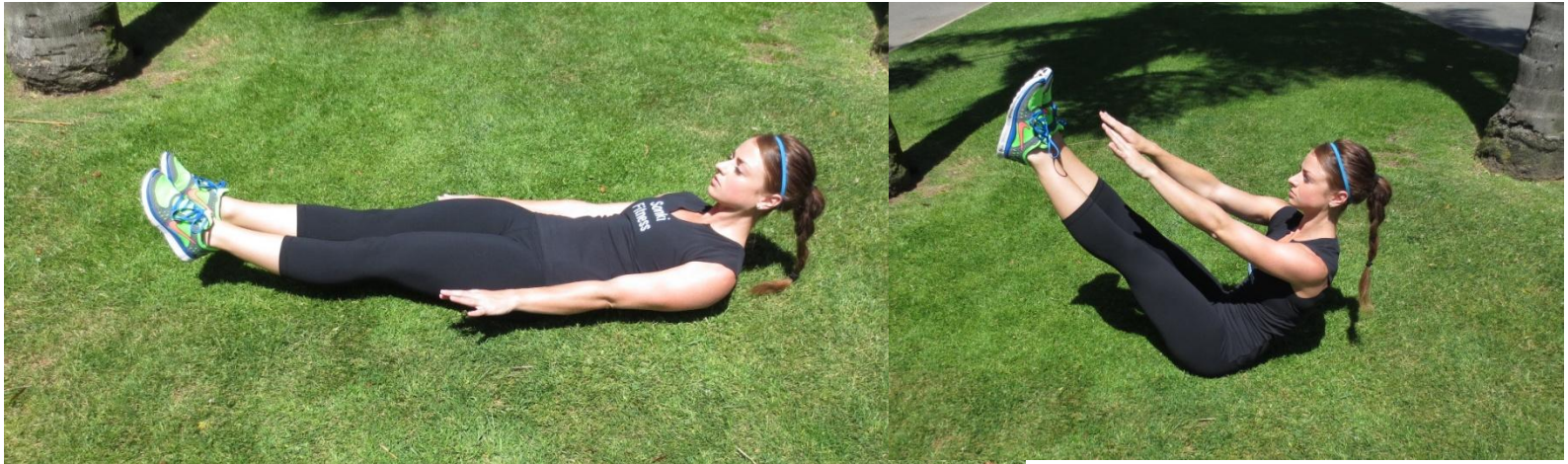


With arms and legs straight out, raise them slowly while squeezing your back and glutes. Hold for 3 – 5 sec and then back down.

Duration: 1 min.

Target: Lower back, butt.

V-ups



Starting in a flat position, raise your upper body and legs at the same time to bring your body to a V stance.

Repeat.

Duration: 60 – 80 sec.

Target: Abs.

Knee Tucks



Sitting down with legs raised straight out and hands behind, bring your knees toward the chest. Repeat.

Duration: 60 – 80 sec.

Target: Abs.

Superplank Raises



In superplank position (balancing on forearms and toes), alternate raising legs 3 – 5 seconds at a time.

Duration: 60 – 80 sec.

Target: Core, shoulders, quads.

Unicycle



On your back with hands placed just below the butt, get your legs straight out about a foot off the ground. Keeping your feet together, bring your legs in and draw a circular motion.

Duration: 60 – 80 sec.

Target: Abs.

Flutter Kicks



Lying down with legs raised about a feet and hands below the butt, flutter your legs.

Duration: 60 – 80 sec.

Target: Abs.

Superplank Raises



In superplank position (balancing on forearms and toes), alternate raising legs 3 – 5 seconds at a time.

Duration: 60 – 80 sec.

Target: Core, shoulders, quads.