



steps2fitness

ABS OF STEEL WORKOUT



HOME ABS / CORE WORKOUT

OBJECTIVES

- Combine various abdominal/core exercises to improve abdominal muscular endurance and core strength

Requirements

- Stopwatch
- A comfortable space to exercise. Using either a mat or somewhere cushioned

WARM UP

A LIGHT PULSE RAISER FOLLOWED BY DYNAMIC STRETCHES

Pulse Raiser

A light jog on the spot / jumping jacks / incline mountain climbers. 20 seconds each. Repeat 3-5 times



Dynamic Stretches

Perfect Stretch Combo

Perform each stretch one after another. Hold each phase for around 3 seconds. Then swap sides. Alternate until a total of 3-5 times each side have been performed

1 - Standing knee tuck with ankle circles / 2- hip flexor stretch / 3 - abs + lat stretch / 4 - thoracic rotation + pectoral stretch / 5 -hamstring stretch



Childs Pose into Cat/Camel

Hold each phase 3-5 seconds. Perform for a total of 3-5 times



Downward facing dog into cobra pose

Perform 3-5 full run throughs. Holding each phase for 3-5 seconds



Woodchoppers (Bodyweight)

5-8 reps each side





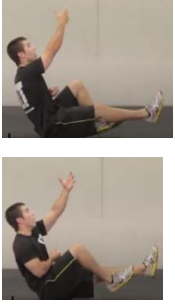









ABS OF STEEL WORKOUT

1 round of all 20 exercises. 45 seconds work on each exercise (unless stated otherwise). 15 seconds rest between exercises. This workout can be performed up to 3 times per week.

For a bit variation, try performing the exercises in random order (Alexa pick a number between 1-20 / pick numbers out of a hat / or use a random number generator on computer or phone). This will make the workout slightly different each time. Using one of these methods for selecting the exercises could also make it more difficult; increases the possibility of similar/the more difficult movements being repeated in quick succession

- 1 – Cross Punch Sit Ups**
- 2 – Hip Lifts**
- 3 – Reverse Table Top with Alternating Leg Lifts**
- 4 – Side Plank Hip Lifts (30 seconds each side)**
- 5 – Seated Rope Climbs**
- 6 – Bird Dog Crunches (30 seconds each side)**
- 7 – Lying Scissor Kicks**
- 8 – Raised Leg Crunches**
- 9 – Plank Kick Throughs**
- 10 – Heel Touches**
- 11 – Glute Bridge with Alternating Leg Lifts**
- 12 – Flutter Kicks**
- 13 – Butterfly Crunches**
- 14 – Lying Oblique Knee Raises (30 seconds each side)**
- 15 – Plank Get Ups**
- 16 – V Sit Crunches**
- 17 – Alternating Toe Touch Crunches**
- 18 – Cross Body Mountain Climbers**
- 19 – Ab Roll Up**
- 20 – Hollow Body Hold**

THE EXERCISES

<p>1</p> 	<p>2</p> 	<p>3</p> 	<p>4</p> 
<p>5</p> 	<p>6</p> 	<p>7</p> 	<p>8</p> 
<p>9</p> 	<p>10</p> 	<p>11</p> 	<p>12</p> 
<p>13</p> 	<p>14</p> 	<p>15</p> 	<p>16</p> 
<p>17</p> 	<p>18</p> 	<p>19</p> 	<p>20</p> 

Static Stretching

Hold each stretch for around 30-60 seconds

HIP FLEXOR



LOWER BACK, GLUTES, CHEST



Abs



SEATED OBLIQUE STRETCH



ABS



LOWER BACK

