

## All About Abs: The Workout

<b>Intro &amp; Explanation of Concept</b>		Recommend approx 7 mins
<b>Demonstrate &amp; Explain Moves Giving Adaptations &amp; Progressions</b>		
<b>Warm Up</b>	Dynamic Moves for Major Muscle Groups	
<b>All About Abs Workout</b>	4 x Sets of Exercises 4 x Exercise Sets 25 Sec Intervals (unless stated). Demo where necessary *	<b>20 minutes exactly</b>
<b>Set 1 (Repeat x 3)</b>	<ol style="list-style-type: none"> <li>1. 90 Degree Sit Up *</li> <li>2. Leg Drops *</li> <li>3. Plank Pull In *</li> <li>4. Lean Back Switch*</li> </ol>	<b>Modifications:</b> <ol style="list-style-type: none"> <li>1. Use 1 leg instead of 2.</li> <li>2. Drop 1 leg instead of 2.</li> <li>3. Plank on knees.</li> <li>4. Hold thighs on Lean Backs.</li> </ol>
<b>Set 2 (Repeat x 3)</b>	<ol style="list-style-type: none"> <li>1. Toe Hip Sit Up *</li> <li>2. Side Plank (Right) *</li> <li>3. Bent Knee V Sit *</li> <li>4. Side Plank (Left) *</li> </ol>	<b>Modifications:</b> <ol style="list-style-type: none"> <li>1. Use 1 leg instead of 2.</li> <li>2. Knee drop on plank.</li> <li>3. Lift 1 leg instead of 2.</li> <li>4. (See #2)</li> </ol>
<b>Set 3 (Repeat x 3)</b>	<ol style="list-style-type: none"> <li>1. Lean Back Side to Side *</li> <li>2. Plank Knee Pike *</li> <li>3. Cycle Sit Up *</li> <li>4. Mountain Climbers *</li> </ol>	<b>Modifications:</b> <ol style="list-style-type: none"> <li>1. Hold thighs on Lean Backs.</li> <li>2. Pike without touching knee.</li> <li>3. Single leg where required.</li> <li>4. Single leg where required.</li> </ol>
<b>Set 4 (Repeat x 3)</b>	<ol style="list-style-type: none"> <li>1. Body Saw *</li> <li>2. Waist Worker (Right) *</li> <li>3. Ab Attack *</li> <li>4. Waist Worker (Left) *</li> </ol>	<b>Modifications:</b> <ol style="list-style-type: none"> <li>1. Plank on knees</li> <li>2. n/a</li> <li>3. Single leg / hold thigh on lean back.</li> <li>4. n/a</li> </ol>
<b>Cool Down</b>	All major muscle groups	Recommend approx 3 mins