

ABDOMINAL EXERCISES

Abdominal training exercises are ideal for hitting all the core muscles and will help you build a strong foundation of support to help assist through all other exercises.

The important thing with your core training is to make sure that you are really focusing in on contracting the abs only. Don't let other muscle groups in the body assist with the exercise execution, as that is the most common mistake typically made.

Remember to focus on your breathing during abdominal training, exhaling during the contraction phase and inhaling during the relaxation phase.

AB CRUNCH (CHAIR)



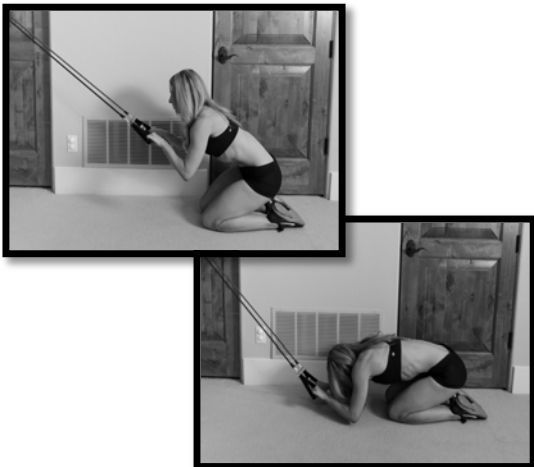
- 1.) Attach the door anchor above your head. Position an exercise ball in front of a doorway attached resistance band.
- 2.) Sit on the ball, facing away from the band while holding each handle in either arm above your shoulders.
- 3.) Keeping the rest of the body stationary, contract the abs and bring your chest down to your knees.
- 4.) Pause at the bottom of the position before rising up to complete the rep.

HIGH LOW WOOD CHOP



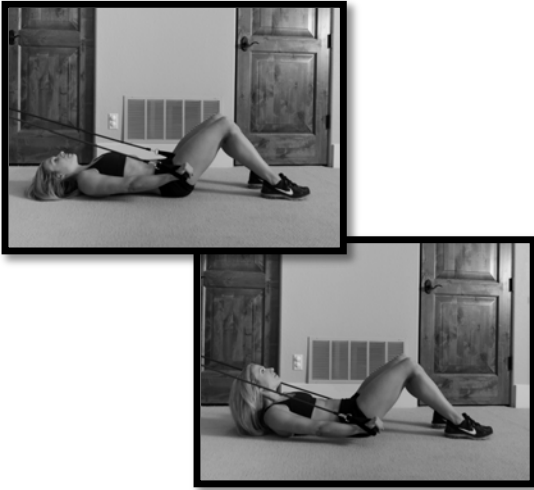
- 1.) Attach the door anchor above your head.
- 2.) Stand facing away from the door at about a 120 degree angle, facing away from the door while holding the band above shoulder level with both hands.
- 3.) Contract the abs as you move the band down across the body towards the knee.
- 4.) Aim to keep the back straight throughout the movement pattern.
- 5.) Pause at the bottom of the movement then rise up to the starting position.
- 6.) Once all reps are completed, switch sides and repeat.

AB CRUNCH (KNEELING)



- 1.) Attach the door anchor at the top of a door.
- 2.) Position the body in a kneeling position, body facing the door, holding the resistance band in each hand.
- 3.) Exhale and contract the abs as you lower into the ground, pulling the band down to the floor.
- 4.) Once elbows are almost touching the ground, pause here and then reverse up to the starting position to complete the rep.

RESISTED CRUNCH



- 1.) Attach the door anchor over your head.
 - 2.) Position the body, back down on the ground a few feet away so you are facing away from the door.
 - 3.) Hold the resistance band in either hand down by the side of the legs, elbows extended.
 - 4.) Once you have sufficient tension in the band, crunch upward, pause and then lower back down to complete the rep.
 - 5.) Think of keeping your lower back pressed flat into the floor at all times as you move through the exercise.
-

AB TWIST



- 1.) Position the door anchor at about waist level.
 - 2.) Stand a few feet from the door, holding the resistance band with both hands at the side of the body closest to the door.
 - 3.) Begin to twist at the waist, contracting the abs as you rotate the body along with the band to the other side.
 - 4.) Pause and then reverse direction to complete the rep.
 - 5.) Once all reps are completed, switch sides and repeat.
-

AB TWIST (SEATED)



- 1.) Attach the door anchor at the top of the door and position the exercise ball a few feet from the base of the door.
- 2.) Hold the resistance band in both hands at the side of the body closest to the door.
- 3.) Contract the abs and twist to the opposing side of the body, bringing the hands and band with you.
- 4.) Pause and then return to the starting position to complete the rep.
- 5.) Once all reps are completed, switch sides and repeat to the other side.

LOW HIGH WOOD CHOP



- 1.) Secure the door anchor at the bottom of the door and then stand a few feet away from the door.
- 2.) Bend down and grab ahold of the resistance band with both hand, elbows extended.
- 3.) Twist at the waist and then raise the resistance band up over your shoulders to the other side of the body as you straighten up your position.
- 4.) Pause and then return to the starting position to complete the rep.
- 5.) Once all reps are completed, switch side and repeat.