

Bent Knee Abdominal Crunch



Equipment:

Floor Mat

Muscle Groups:

Abs

Helpful Tips:

Keep neck and head in neutral position by looking upwards.

How to do it:

SET UP:

Lie face up on the floor, knees bent and in line with hips, calves parallel to floor and feet together.

Rest unclasped fingertips behind head, elbows pointing out to the sides.

Contract abs by pulling your navel in toward your spine.

ACTION:

Maintain leg position as you use abs to pull your ribs down toward hips, lifting head, neck and then shoulder blades off the floor.

Pause.

Slowly lower to start position.

Begin with 10-15 reps gradually building to 16-20 repetitions.



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Stability Bridge



Equipment:

Floor Mat

Muscle Groups:

Butt
Back of Thigh (hamstrings)
Abdominals

Helpful Tips:

In upward position, support your body weight evenly on your shoulders, not your head or neck.

How to do it:

SET UP:

Lie on your back, knees bent, heels touching the floor, toes lifted and arms at your sides.

ACTION:

Use your hip, thigh and torso muscles to lift your pelvis from the floor until your body forms a straight line, from your shoulders to your knees.

Pause for 5-10 seconds.

Slowly lower yourself to starting position.



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Alternate Arm and Leg Lift



Equipment:

Floor Mat

Muscle Groups:

Low Back
Back of Shoulders
Buttocks

Helpful Tips:

If you are a beginner or experience discomfort from doing this exercise, it may be performed:

- 1) with only arm raises, keeping butt contracted or
- 2) with only alternating leg raises

How to do it:

SET UP:

Lie facedown on the floor with both arms extended above you, shoulder-width apart, palms facing down

Your legs should be straight, tops of feet touching the floor.

Contract your abdominals and butt to bring your spine into a neutral position, both hipbones touching the floor.

Keep head and neck aligned with spine.

ACTION:

Contracting your ab muscles to keep your torso stable, lift your right arm and left leg off the floor simultaneously to equal height, creating a diagonal effect from right fingertips to left toes.

Pause.

Slowly lower and repeat with left arm and right leg.

Continue alternating for 15-20 reps on each side.



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