**Abdominal & Core Strength Workouts**

Ideally, you should be doing abdominal/core work three to four days every week. You can do 4-6 sets: either 2 sets of 3 different exercises, 3 sets of 2 different exercises, or 1 set of 6 different exercises; rest 1 minute after moving to the next set *except* when doing 6 different thing

if doing 6 different exercises, do them in circuit resting a little as possible between sets

* *Umpa-loompa*
* *Athlete*
* *Superhero*
* sit-ups x 20
* bench crunches x 30
* Russian twists x 30
* fast bicycles x 30
* crunches x 30
* decline reverse crunches x 20
* laying windshield wipers x 20
* single leg thigh-lifts x 20 (per leg)
* back extensions x 20
* push-up bridge **(hold for 10sec, rest for 5sec, hold for 1min)**
* suitcases x 20
* thigh-lifts x 20 (per side)
* hanging alphabets
* hanging O’s
* V-ups x 20
* hip-corkscrews x 20
* side crunches x 20 (per side)
* cherry pickers x 30
* decline weighted sit-ups x 20
* weighted side bends x 20 (per side)
* hanging knee raises x 20
* hip lifts x 20
* slow bicycles x 20
* “Rocky’s” x 20
* weighted Russian twists x 20
* hanging leg raises x 20
* “Superman’s” x 20
* side raises x 20 (per side)
* hanging windshield wipers x 20
* medicine-ball tosses x 20
* 3D hanging leg raises x 10
* “Catholic Crosses” x 10