

### ALL EXERCISES 30 SECONDS WITH A DUMBBELL, STRAIGHT INTO 30 SECONDS WITHOUT THE WEIGHT.

RUSSIAN TWISTS	FULL CRUNCH	OVERHEAD BUTTERFLY CRUNCHES
<ul style="list-style-type: none"> <li>• Sit with bent knees and your feet pressing into the floor, holding your weight next to your chest.</li> <li>• Sit back slightly, keeping your spine straight.</li> <li>• Exhale as you twist to the left.</li> <li>• Inhale back to centre, and then do the opposite side.</li> </ul>	<ul style="list-style-type: none"> <li>• Tilt your chin slightly towards your chest.</li> <li>• Gently pull your abdominals inward.</li> <li>• Curl up and forward so that your shoulder blades lift off the floor.</li> <li>• Hold for a moment at the top of the movement and then lower slowly back down</li> </ul>	<ul style="list-style-type: none"> <li>• Lie on your back with your knees open and the soles of your feet together (in a butterfly position).</li> <li>• Lengthen your arms overhead so they are resting on the floor. Exhale and perform a full-body crunch, keeping your legs in place.</li> </ul>
SIT UPS	PLANK PULL THROUGH	CHEST PRESS WITH LEG RAISE
<ul style="list-style-type: none"> <li>• Lie on your back.</li> <li>• Bend your legs and place feet firmly on the ground. Cross your hands to opposite shoulders.</li> <li>• Curl your upper body all the way up toward your knees.</li> <li>• Slowly, lower yourself down, returning to your starting point</li> </ul>	<ul style="list-style-type: none"> <li>• Begin in a full plank position with a weight on the floor a few inches away from the outside of right hand.</li> <li>• Reach left arm under right to grab weight.</li> <li>• Pull the weight across the floor to the left side of body, releasing it just outside of left arm, and then return to plank.</li> <li>• Repeat</li> </ul>	<ul style="list-style-type: none"> <li>• Lie on your back, holding a dumbbell in each hand and raise your legs to a 45-degree angle.</li> <li>• Push the dumbbells up toward the ceiling, with your arms directly above your shoulders.</li> <li>• Bend your elbows, lower your arms and repeat the movement</li> </ul>

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PLANK	PLANK HIP DIPS	SIDE PLANK
<ul style="list-style-type: none"> <li>• Lie face down with your forearms on the floor and your elbows directly beneath your shoulders.</li> <li>• Keep your feet flexed with the bottoms of your toes on the floor.</li> <li>• Clasp your hands in front of your face, so your forearms make an inverted "V."</li> <li>• Rise up on your toes.</li> <li>• Draw your navel toward your spine and tighten your buttocks.</li> </ul>	<ul style="list-style-type: none"> <li>• From plank position, drop your right hip down towards the floor.</li> <li>• Return to plank position.</li> <li>• Drop left hip towards floor.</li> <li>• Repeat</li> </ul>	<ul style="list-style-type: none"> <li>• Start on your side with your feet together and one forearm directly below your shoulder.</li> <li>• Raise your hips until your body is in a straight line from head to feet.</li> <li>• Hold the position without letting your hips drop then repeat on the other side.</li> </ul>

SIDE PLANK WITH TWIST	BICYCLE
<ul style="list-style-type: none"> <li>• Holding the side plank position on your left side, reach your right arm straight up in the air.</li> <li>• Bring right arm around and underneath your left armpit.</li> </ul>	<ul style="list-style-type: none"> <li>• Lie flat on the floor with your lower back pressed to the ground, knees bent and hands behind your head.</li> <li>• Raise your knees to about a 90 degree angle, lifting your feet from the floor.</li> <li>• Bring one knee up towards your armpit while straightening the other leg.</li> <li>• Rotate your torso so you can touch your elbow to the opposite knee as it comes up.</li> <li>• Repeat on both sides</li> </ul>