



# Six Pack Abs



1. Pike: Starting Position: Grab a fitball and carefully roll out on to it so your toes/shin are onto the ball. Your hands are right below your shoulders. Ending Position: Using your lower abs roll the ball inward, bringing your tailbone to the ceiling. Roll the ball back out and repeat. Try 2 sets of 20 repetitions. To modify bring your knees into your chest instead of your tail to the ceiling.

2. Reaching Oblique Twists: Starting Position: Grab a mat and lay onto the mat so your back is supported and your feet are flat onto the mat with your knees together. Bring your chin to your chest. Ending Position: Your right hand will reach to your left knee go down slightly into the mat and then come right back up reaching the left hand to the right knee. Repeat the exercise until you do 15 on each side. Really reach to the opposite knee twisting when you come up.



3. Basic Crunch on Fitball: Starting Position: Sit on the fitball so your lower to mid-back is supported on the ball. Keep your elbows wide and a tennis ball size amount in between your chin and chest. Ending Position: Crunch your nose up to the ceiling keeping the space between your chin and chest. Return back on the ball and repeat. Try 2 sets of 20 repetitions.



4. Plank: Starting Position: Go onto your forearms and lie onto the mat. Ending Position: Go up onto your toes keeping your belly button pulling to your spine. Try holding it for 30 seconds 2 times. For more advanced go onto your hands.

**For more information, ask one of your certified personal trainers**