

Increase reps or wt used when technique allows...	Wk#1	Wk#2	Wk#3	Wk#4	Wk #5
<i>All exercises w/ (2) sets- do all exercises once through & repeat!</i>					
#1					
Alternating Bent-knee V-up (Feet down) w/ wt wk 5	20	20	24	24	20
Russian Twist (Arms extended, Feet down)	20	20	30	30	30
Sky Touch w/ wt (if possible)	15	15	20	20	20
Iso Abs (Front, Side, Side, Rear)	45, 30, 30, 45	45, 30, 30, 45	45, 30, 30, 45	45, 30, 30, 45	45, 30, 30, 45
Supermans	15	15	20	20	20
#2					
Reverse Crunch	20	20	30	30	30
Bent Knee Reverse Trunk Rotation	20	20	30	30	30
Sit-ups (hands across chest, elbow up over knees) w/ wt	20	20	30	30	30
Oblique Crunch	15	15	20	20	20
Back Extension (w/ hands behind head)	15	15	20	20	20
#3					
N-O Leg Raises (8 second negative)	8	8	10	10	10
Crossover Crunch	15	15	20	20	20
Butterfly Crunch	20	20	30	30	30
Hover	45	45	60	60	60
4-Pt. Supermans	20	20	30	30	30
	Wk#6	Wk#7	Wk#8	Wk#9	Wk #10
#4					
Alternating Bent-knee V-up (Feet up) w/ wt wk 10	20	20	24	24	20
Russian Twist w/ 5 lb wt (Feet down)	20	20	30	30	30
Sit-ups (hands across chest, elbow up over knees) w/ wt	20	20	30	30	30
Iso Abs (Front, Side, Side, Rear)	60, 45, 45, 60	60, 45, 45, 60	60, 45, 45, 60	60, 45, 45, 60	60, 45, 45, 60
Contralateral Supermans	30	30	40	40	40
#5					
Reverse Crunch w/ Mb b/w knees	20	20	30	30	30
Bent Knee Reverse Trunk Rotation w/ Mb	20	20	30	30	30
Sky Touch w/ wt	15	15	20	20	20
Reverse Hypers	15	15	20	20	20
#6					
Leg Raises	15	15	20	20	20
Sit-up w/ Rotation	20	20	30	30	30
Butterfly Crunch w/ wt	20	20	30	30	30
SL Hover	30 / 30	30 / 30	45 / 45	45 / 45	45 / 45
5/5 SL Bridging	6	6	8	8	8
<i>*To add wt use a plate, MB=Medicine Ball, SB=Stability Ball, or DB= Dumbbell. Substitute where necessary!</i>					

Increase reps or wt used when technique allows...	Wk #11	Wk #12	Wk #13	Wk #14
<i>All exercises w/ (2) sets- do all exercises once through & repeat!</i>				
#7				
Sb Prone Knees to Chest	15	15	20	20
Sb Upperbody Rotation	20	20	30	30
Sb Crunch	20	20	30	30
Sb Iso Abs Front	45	45	60	60
Sb Contralateral Supermans	30	30	40	40
#7B (If you do not have access to a Stability Ball)				
Alternating Straight Leg V-up (Feet down)	20	20	24	24
Russian Twist w/ 10 lb wt	20	20	30	30
Sit-ups (hands across chest, elbows up over knees)	30	30	30	30
Iso Abs (Front, Side, Side, Rear)	60, 60, 60, 60	60, 60, 60, 60	60, 60, 60, 60	60, 60, 60, 60
SL Reverse Hypers				
#8				
Sb Leg Raise	15	15	20	20
Sb Oblique Crunch	15	15	20	20
Sb Reverses Trunk Rotation	20	20	30	30
Sb Push-pull	12	12	15	15
Sb Back Extension	15	15	20	20
#8B (If you do not have access to a Stability Ball)				
Reverse Crunch w/ Mb b/w knees (increase wt)	30	30	30	30
Straight Leg Reverse Trunk Rotation	16	16	20	20
Sky Touches w/ wt (increase wt)	30	30	30	30
Lateral Crunch	20	20	20	20
Reverse Hypers w/ wt	15	15	20	20
#9				
Reverse Crunch w/ Rotation	20	20	30	30
Sit-up w/ Rotation w/ wt (increase wt)	20	20	30	30
Butterfly Crunch w/ wt (increase wt)	20	20	30	30
SL Bridge Hold	45	45	60	60
MB SL Bridging	6	6	6	6
*To add wt use a plate, MB=Medicine Ball, SB=Stability Ball, or DB= Dumbbell. Substitute where necessary!				