

Abdominal Workout

Basic Plank

- Elbows and feet together, elbows in front of nose, progress to single foot balance

Wall Superman Planks

- Feet against wall and reach out to the side and forward with the hands, keep arms straight, chest close to ground.

Side Planks

- Single arm/leg balance, with top leg and arm raises and swings

Incline wall planks (handstand)

- Feet up wall and hold straight arms (supported hand stand), progress to single arm balance

Superman plank

- crab crawl sideways
- lift opposite A + L

Rock Climb Plank

- crab crawl, chest close to ground, knee up to elbow, 5 'up' and 5 'down'

Fitball Plank

- Hands on ball (single legs)
- Feet on ball (single legs)
- Repeat doing push-ups

Medicine Ball sit ups (arms straight, ball above head)

- sit up with rotations, ball on chest
- in V position, rotate body to ground-touch ball side to side

Supine straight leg holds

- Flutters
- Cross-overs
- Punches to knees (V sit)

Chin ups -legs held out

Dips -legs held out