

Abdominal Gauntlet

16 Dead Bugs

16 Transfers

16 Pikes

16 Floating V Crunches

While lying on the Ground-

Dead bugs: using an average sized stability ball, balance the ball between both hands and both knees/ shins. Once you are fully balance drop your right hand and left leg to the ground until the touch. Try to keep your limbs as straight as possible to maximize your workouts. Bring your arm and leg back to the ball and alternate with your left hand and your right leg. That is one rep.

Transfers: Begin with the Stability ball over your head with both hands on the sides of the ball, while keep your legs straight and together on the ground. Lift all for limbs into the air until they meet directly above you. Switch the ball from your hands to your feet. Then move the ball down to the ground while holding it between your feet, returning your hands to where they began, over your head. Repeat the process bringing the ball from your feet to your hands and bringing all four limbs up. That is one rep.

Pikes: Now using a medicine ball (Maximum weight of 8 pounds) Begin with the ball between your hands above your head with your legs straight and together. Bring your arms directly up until the medicine ball touches your knees. The goal is to try to get your butt off the ground using your hips. Return all four limbs to their original starting place. That is one Rep.

While sitting on a Bench-

Floating V Crunches: Sitting at a Perpendicular angle from the bench, while holding on to the bench in the front (hands by your sides) Bring your knees and chest together (legs off the ground). After that, slowly move your legs outward while counterbalancing yourself by slightly leaning back with your torso, until your legs are straight. Keep your feet from touching the ground through all 16 reps. This is one Rep