

Name:

Date:

		Body Part	Exercise	Sets	Weight	Reps	Comments
S W I S S B A L L	Abs	Reg Crunch with Reverse Crunch	1		20	Swiss Ball starts under ankles, roll ball in toward butt and you bring elbows to knees.	
	Abs (Lower)	Lower Leg Lifts	1		20	Swiss Ball between ankles, legs straight. Start with legs up, lower ball toward floor and back to start.	
	Abs (Obliques)	Scissors	1		20	One foot on ground, Swiss Ball on top of thigh, other leg on top of ball. Bring opposite elbow up to knee.	
	Abs (Lower)	Dead Bug	1		20	Pass Swiss Ball between feet and hands, each time lowering each toward floor.	
	Abs (Lower)	Reverse Curls	1		20	Squeeze Swiss Ball between feet and butt. Raise hips off floor then back down.	
	Abs	Finger Touches	1		20	Feet and arms straight up. Hold Swiss Ball by toes and fingers. Lower opposite arm and leg toward ground.	
	Abs (Obliques)	Side Crunches	1		20	Hip and rib cage on side of Swiss Ball. Bottom knee on ground, top leg straight. Hands behind head.	
	Abs	Rollouts	1		20	On knees. Start with hands on Swiss Ball, roll out until forearms are on ball and in plank position.	
	Lower Back	Back Extensions	1		20	Hips on Swiss Ball, face down. Legs straight, feet wide. Lower head toward floor, then raise back up.	
B O S U	Abs (Obliques)	Side Plank Raises	1		20	Elbow in middle of BOSU in line with shoulder. Lift and lower hips.	
	Abs	Crunches with Twist	1		20	Lower back on BOSU. Crunch up, twist both ways, lower back down. Repeat.	
	Abs	Crunch	1		20	Lower back on BOSU. Crunch up, bring opposite elbow to knee. Alt sides.	
	Abs	Pullover with Weight	1		20	Use dumbbell in both hands. Start with weight over head, bring it down over knee and you bring knee into chest.	
	Abs (Lower)	Toe Touches (Jack Knives)	1		20	Lower back on top of BOSU. Straight arm, straight leg. Bring both up to meet in middle.	
	Abs (Obliques)	Side Raises	1		20	Hip on side of BOSU. Bottom knee down, top leg straight. Hand behind head.	
	Abs (Obliques)	Side Leg Lifts	1		20	Hip on top of BOSU, SLO MO in between feet. Raise and lower feet.	

OVER →

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	Body Part	Exercise	Sets	Weight	Reps	Comments
B O S U	Abs	In and Outs	1		20	Sit on top of BOSU. Bring knees to chest and back out.
	Abs	Plank Knee Tucks	1		20	BOSU turned over. Hold plank, bring knee into chest, alt legs.
S L O M O	Abs	Crunch with SLO MO and Bosu	1		20	Heels on top of BOSU, SLO MO behind lower back. Crunch, elbows to knees.
	Abs	Backward Swimmers	1		20	SLO MO behind lower back. Arms straight, lean back as you bring one hand backwards.
	Abs (Obliques)	Windshield Wipers	1		20	SLO MO between knees or feet. Lower side to side.
	Abs	Basketball Abs	1		20	On back. Weave ball between legs as you bicycle legs.
	Abs	C-Crunches	1		20	SLO MO between knees. Crunch up as you bring knees to chest, lower both back to ground.
Abs	Crunches	1		20	SLO MO behind lower back. Feet wide. Bring opp elbow to knee, alt sides.	
Abs	Rope Climb	1		20	SLO MO between feet, legs straight up. Reach to opp toe.	
Abs	Around the World	1		20	SLO MO between knees. Full circle with knees. Repeat opp direction.	
Abs (Obliques)	Side Raises	1		20	SLO MO between hip and rib cage. Small movement. Top leg straight, bottom knee bent.	
F L O O R	Abs	Bicycles	1		20	Knees to elbows. Back on floor.
	Abs (Lower)	Scissors	1		20	Hands by hips. Criss cross legs.
	Abs	Pulses	1		20	Feet on floor or off.
Abs	Out, Up, Down	1		20	Legs alt between out straight (parallel to floor) and pushing feet to ceiling.	
Lower Back	Alt Arm/Leg Lifts	1		20	Face down on floor. Arms/legs straight. Alt lifting opp arm and legs.	