

[www.TurbulenceTraining.com](http://www.TurbulenceTraining.com)

# **Turbulence Training**

**for  
Abs**



## **Fat Burning Exercises to Get Ripped Abs**

**Craig Ballantyne, CSCS, MS**

## **About Craig Ballantyne & Turbulence Training**

Craig Ballantyne, CSCS, M.Sc., is a Strength & Conditioning coach in Toronto, author of Turbulence Training, a contributing author to Men's Health and Women's Health magazines, and a member of the Training Advisory Board for Maximum Fitness and Oxygen magazines.

Craig's fat loss, muscle-building website [www.TurbulenceTraining.com](http://www.TurbulenceTraining.com) features his best-selling Turbulence Training for Fat Loss program and [www.TTmembers.com](http://www.TTmembers.com) offers access to all of Craig's Turbulence Training workouts and video clips (for men and women who want to lose fat with only dumbbell and bodyweight exercises).

With Turbulence Training I've put together short, quality fat loss workouts for men and women to do at home with minimal equipment. The programs use a lot of bodyweight moves and dumbbell exercises, and the workouts change every 4 weeks because I truly believe variety is one of the main principles for success when you are trying to change your body in any way.

Craig also has an advanced research background, completing a Master's of Science Degree in Exercise Physiology from McMaster University in Hamilton, Ontario, Canada. Craig continues to study the latest training, supplementation, and nutrition research that will help improve client's health and wellness as well as their physical and mental performance.

### **Craig's websites include:**

[www.TTMembers.com](http://www.TTMembers.com) – Craig's new Turbulence Training Membership site featuring a forum, exercise video clips, and access to every workout program, manual, and e-book he has ever written for his websites.

[www.TurbulenceTraining.com](http://www.TurbulenceTraining.com) - Advanced training information to help men and women gain muscle and lose fat fast.

[www.WorkoutManuals.com](http://www.WorkoutManuals.com) – Daily fat loss and fitness tips and workout programs to help men and women gain muscle and lose fat fast.

[www.TurbulenceTraining.Blogspot.com](http://www.TurbulenceTraining.Blogspot.com) – Craig's blog featuring 3 fitness and fat loss posts each day, as well as the opportunity for readers to follow Craig's workouts.

**Disclaimer:**

**You must get your physician's approval before beginning this exercise program.**

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Turbulence Training. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use Turbulence Training, please follow your doctor's orders.

Copyright © 2003-2007 CB Athletic Consulting, Inc.

## **TT for Abs Workout Guidelines**

**Disclaimer:** See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

- Perform this program for 4 weeks then switch to another TT workout.
- Train 3 days per week.
  - Do at least 30 minutes of low-intensity exercise on off-days, but don't let this workout impair your recovery or limit your performance real workouts.
- Pairs of exercises (i.e. 1A & 1B) constitute "Supersets".
- The 3-digit number beside each exercise represents the lifting tempo.
  - I.e. Dumbbell (DB) Split Squats – The number is 2-0-1. Take 2 seconds to lower your body, and without pausing, push back up in 1 second or less.
- Finish each workout with stretching for the tight muscle groups only if desired.
- For substitute exercises, please place your questions on the forum at [www.TTmembers.com](http://www.TTmembers.com)
- Start every workout with this warm-up circuit.

### **Warm-up Circuit**

- 2x's through the circuit using a 1-0-1 tempo for each exercise.
- Rest 30 seconds b/c circuits.

1A) Prisoner Squat – 12 reps

1B) Pushup – 10 reps

1C) Stick-up – 10 reps

1D) Spiderman Climb – 6 reps per side

## **TT for Abs Workouts & Schedule**

### **Day 1 – Workout A**

- Warm-up Circuit

#### Superset #1

1A) DB Split Squat – 8 reps per leg (2-0-1)

- 30 seconds rest.

1B) DB Chest Press – 8 reps (4-0-1)

- Rest 1 minute before repeating the superset 2 more times.

#### Superset #2

2A) DB Row – 20 reps (1-0-1)

- No rest.

2B) DB 1-Arm Shoulder Press – 15 reps per arm (2-0-1)

- Do each exercise only once. Rest 1 minute and move to Superset #3.

#### Superset #3

3A) Lying DB Triceps Extension – 10 reps (2-0-1)

- No rest.

3B) Chin-up – 8 reps (3-0-1)

- Rest 1 minute before repeating 1 more time for a total of 2 supersets.

#### Ab Circuit

A) Stability Ball Rollout – 10 reps (2-0-1)

- No rest.

B) Stability Ball Jackknife – 15 reps (2-1-1)

- No rest.

C) Cable Chop or Medicine Ball Chop – 10 reps per side (2-0-1)

- Rest 1 minute and repeat 2 more times for a total of 3 supersets.

#### Interval Workout A

### **Day 2 – Recovery day & light exercise**

## **TT for Abs Workouts & Schedule**

### **Day 3 – Workout B**

- Warm-up Circuit

#### Superset #1

1A) DB Bulgarian Split Squat – 8 reps per leg (2-1-1)

- 30 seconds rest.

1B) Elevated Pushup – 12 reps per side (2-0-1)

- Rest 1 minute before repeating the superset 2 more times.

#### Superset #2

2A) Pull-up – 8 reps (4-0-1) OR Inverted Rows – 15 reps (2-0-1)

2B) Bear Crawl – 10 steps in each direction

- Rest 1 minute before repeating 2 more times for a total of 3 supersets.

#### Superset #3

3A) DB Swing – 20 reps (1-0-1)

- No rest.

3B) Burpees – 10 reps (fast)

- Rest 1 minute before repeating 2 more times for a total of 3 supersets.

#### Ab Circuit

A) Turkish Get Up – 10 reps per side

- No rest.

B) Plank – 60 second hold

- No rest.

C) Side Plank – 40 second hold

- Rest 1 minute and repeat 2 more times for a total of 3 supersets.

No intervals.

### **Day 4 – Recovery day & light exercise**

## **TT for Abs Workouts & Schedule**

### **Day 5 – Workout C**

- Warm-up Circuit

#### Superset #1

1A) DB Forward Lunge – 8 reps per leg (2-0-1)

- 30 seconds rest.

1B) DB Incline Press – 8 reps (2-0-1)

- Rest 1 minute before repeating the superset 2 more times.

#### Superset #2

2A) DB Row with Stability Ball – 15 reps (1-0-1)

- No rest.

2B) DB 1-Arm Squat & Press – 12 reps per arm (2-0-1)

- Do each exercise only once. Rest 1 minute and move to Superset #3.

#### Superset #3

3A) Decline Close Grip Pushup – 12 reps (2-2-1)

- No rest.

3B) DB 1-Arm Standing Curl – 8 reps (3-0-1)

- Rest 1 minute before repeating 2 more times for a total of 3 supersets.

#### Ab Circuit

B) Ball Crunch with Medicine Ball – 15 reps (3-0-1)

- No rest.

B) Plank with Arms on Ball – 20-30 second hold

- No rest.

C) X-Body Mountain Climber – 10 reps per side (1-0-1)

- Rest 1 minute and repeat 2 more times for a total of 3 supersets.

#### Interval Workout B

## **TT for Abs Workouts & Schedule**

### **Day 6 – Interval Training Circuit**

- Warm-up – 5 minutes at a moderate pace
- Interval #1 (60 seconds at 8/10 intensity level)
- Without rest, do 5 Spiderman Pushups per side
- Rest 1 minute before moving to Interval #2.
- Interval #2 (45 seconds at 8/10 intensity level).
- Without rest, do 10 Mountain Climbers per side
- Rest 1 minute before moving to Interval #3.
- Interval #3 (60 seconds at 8/10 intensity level).
- Without rest, do 5 Bird Dogs per side – brace your abs!
- Rest 1 minute before repeating Intervals #1-#3 one more time each.
- Cool-down for 5 minutes.

### **Day 7 – Rest (no intervals; walking, not cardio)**

## **Turbulence Training Interval Guidelines**

### **Interval Workout A**

- Warm-up for 5 minutes getting progressively more intense with time.
- Perform an interval by exercising for 30 seconds at a very hard pace (at a subjective 9/10 level of effort).
- Follow that with “active rest” for 90 seconds by exercising at a slow pace (at a subjective 3/10 level of effort).
- Repeat for a total of 6 intervals.
- Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down.

| Minute by Minute | Type      | Intensity Level | Notes |
|------------------|-----------|-----------------|-------|
| 1                | Warm up   | 3 out of 10     |       |
| 2                | Warm up   | 4 out of 10     |       |
| 3                | Warm up   | 4 out of 10     |       |
| 4                | Warm up   | 5 out of 10     |       |
| 5                | Warm up   | 5 out of 10     |       |
| 6 (30 seconds)   | Hard      | 9 out of 10     |       |
| 7 (90 seconds)   | Easy      | 3 out of 10     |       |
| 8 (30 seconds)   | Hard      | 9 out of 10     |       |
| 9 (90 seconds)   | Easy      | 3 out of 10     |       |
| 10 (30 seconds)  | Hard      | 9 out of 10     |       |
| 11 (90 seconds)  | Easy      | 3 out of 10     |       |
| 12 (30 seconds)  | Hard      | 9 out of 10     |       |
| 13 (90 seconds)  | Easy      | 3 out of 10     |       |
| 14 (30 seconds)  | Hard      | 9 out of 10     |       |
| 15 (90 seconds)  | Easy      | 3 out of 10     |       |
| 16 (30 seconds)  | Hard      | 9 out of 10     |       |
| 17               | Cool Down | 3 out of 10     |       |
| 18               | Cool Down | 3 out of 10     |       |
| 19               | Cool Down | 3 out of 10     |       |
| 20               | Cool Down | 3 out of 10     |       |
| 20 minutes total |           |                 |       |

## **Turbulence Training Interval Guidelines**

### **Interval Workout B**

- Warm-up for 5 minutes.
- Perform an interval by exercising for 60 seconds at a very hard pace (at a subjective 8/10 level of effort).
- Follow that with “active rest” for 60 seconds by exercising at a slow pace (at a subjective 3/10 level of effort).
- Repeat for a total of 6 intervals.
- Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down.

| Minute by Minute | Type      | Intensity Level | Notes |
|------------------|-----------|-----------------|-------|
| 1                | Warm up   | 3 out of 10     |       |
| 2                | Warm up   | 4 out of 10     |       |
| 3                | Warm up   | 4 out of 10     |       |
| 4                | Warm up   | 5 out of 10     |       |
| 5                | Warm up   | 5 out of 10     |       |
| 6                | Hard      | 8 out of 10     |       |
| 7                | Easy      | 3 out of 10     |       |
| 8                | Hard      | 8 out of 10     |       |
| 9                | Easy      | 3 out of 10     |       |
| 10               | Hard      | 8 out of 10     |       |
| 11               | Easy      | 3 out of 10     |       |
| 12               | Hard      | 8 out of 10     |       |
| 13               | Easy      | 3 out of 10     |       |
| 14               | Hard      | 8 out of 10     |       |
| 15               | Easy      | 3 out of 10     |       |
| 16               | Hard      | 8 out of 10     |       |
| 17               | Cool Down | 3 out of 10     |       |
| 18               | Cool Down | 3 out of 10     |       |
| 19               | Cool Down | 3 out of 10     |       |
| 20               | Cool Down | 3 out of 10     |       |
| 20 minutes total |           |                 |       |

## **Exercise Descriptions – Warm-up Circuit**

### ***Disclaimer:***

You must have a Certified Personal Trainer (CPT) or Certified Strength & Conditioning Specialist (CSCS) provide you with instruction on correct form for all exercises.

### **Prisoner Squat**

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



### **Push-up**

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



## **Exercise Descriptions – Warm-up Circuit**

### **Stick-up**

- Stand with your back against a wall. Your feet should be 6 inches away from the wall and your butt, upper back, and head should all be in contact with the wall at all times in the exercise.
- Stick your hands up overhead. Try to keep your shoulders, elbows, and wrists in contact with the wall at all times.
- Slide your arms down the wall and tuck your elbows into your sides. This should bring your shoulder blades down and together. You should feel a strong contraction in the muscles between your shoulder blades as well as the shoulder muscles.
- Again, try to keep everything in contact with the wall.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Again, try to keep everything in contact with the wall.
- Try to improve your range of motion in this exercise each week.
- The goal is to improve shoulder mobility and postural control.



### **Spiderman Climb**

- Brace your abs.
- Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up outside of your shoulder and touch your foot to the ground.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



## **Exercise Descriptions – Workout A**

### **DB Split Squat**

- Stand with your feet shoulder-width apart.
- Step forward with your right leg, taking a slightly larger than normal step.
- Press the front of your back foot (left foot) into the ground and use it to help keep your balance. The left knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



### **DB Chest Press**

- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



## Exercise Descriptions – Workout A

### DB Row

- Rest the left hand and left knee on a flat bench, lean over and keep the back flat.
- Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen. Keep the low back tensed in a neutral position and the elbow tight to the side. Do NOT round your lower back.



### DB 1-Arm Standing Shoulder Press

- Stand with your hips back, knees bent and abs braced.
- Hold one dumbbell at shoulder level and place the other on your obliques.
- Press the dumbbell overhead and slowly lower to the start position.
- Do not arch your back. Stand upright. Do all reps on one side and switch.



## **Exercise Descriptions – Workout A**

### **Chin-up**

- Take underhand grip on the bar with the palms facing you.
- Pull your body up until the chest reaches bar level.
- Slowly lower yourself but do not let your body swing and do not use momentum.



### **Lying DB Triceps Extension**

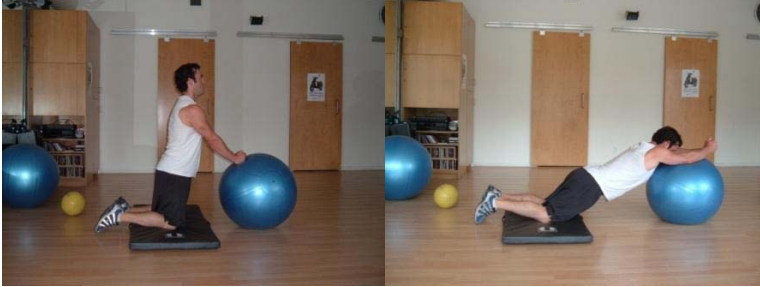
- Lie on your back on a bench. Hold two dumbbells above your chest, with your palms facing each other. Slowly lower them beside your head. Extend your arms back up.



## **Exercise Descriptions – Workout A**

### **Stability Ball Rollout**

- Kneel on a mat and place your clasped hands on the top of a medium sized ball.
- Brace your abs and slowly lean forward and roll your hands over the ball while the ball moves away from your body.
- Keep your body in a straight line and go as far as you can with perfect form.
- Contract your abs and reverse the motion to return to the upright position.



### **Stability Ball Jackknife**

- Brace your abs. Put your elbows on the bench and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Keeping your back straight (don't round it), roll the ball as close to your chest as possible by contracting your abs and pulling it forward.
- Pause and then return the ball to the starting position by rolling it backward.



## **Exercise Descriptions – Workout A**

### **Cable Chop**

- Stand sideways beside a cable stack with your right shoulder closest to the stack.
- Attach a handle to the highest pulley position. Grasp the handle over your right shoulder with arms extended and a slight bend at the elbow.
- Your knees should be slightly bent and your hips slightly pushed back.
- Prepare for the exercise by bracing (contracting) your abdominals from top to bottom.
- Without bending at the elbows any further, bring your arms down and across the body using your abs to initiate the movement. Focus on working your abs and obliques.
- Bring your hands across to your left hip pocket and then slowly return to the start.
- Perform all reps for one side and then switch.



### **DB or MB Chop (Dumbbell or Medicine Ball)**

- Your knees should be slightly bent and your hips slightly pushed back.
- Prepare for the exercise by bracing (contracting) your abdominals from top to bottom.
- Without bending at the elbows any further, bring your arms down and across the body using your abs to initiate the movement. Focus on working your abs and obliques.
- Do NOT round your lower back.
- Perform all reps for one side and then switch.



## **Exercise Descriptions – Workout B**

### **DB Bulgarian Split Squat**

- Hold dumbbells (DB's) in your hands & stand with your feet shoulder-width apart.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



### **Elevated Pushups**

- Keep the abs braced and body in a straight line from knees to shoulders.
- Place the left hand on the floor and the right hand elevated 4-6 inches on an aerobic step. Hands are shoulder width apart (close-grip push-up width).
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



## Exercise Descriptions – Workout B

### Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up.



### Inverted Rows

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it a few inches wider than shoulder-width apart.
- Row yourself up the top position with your upper back and lats.
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Slowly return to the start position.



### Beginner Inverted Rows



## **Exercise Descriptions – Workout B**

### **Bear Crawl**

- Start in a modified push-up position with your knees bent.
- Crawl laterally on your hands and feet without letting anything else touch the ground.
- Don't let your hips come up. Do all reps in one direction and then switch.



### **DB Swing**

- Stand with your feet wider than shoulder-width apart. Hold a single dumbbell in both hands in front of your body at arm's length.
- Push your hips back and drop the dumbbell between your legs.
- Drive back up to the start position and swing the dumbbell up to chest height.
- Move at a quick pace.



## **Exercise Descriptions – Workout B**

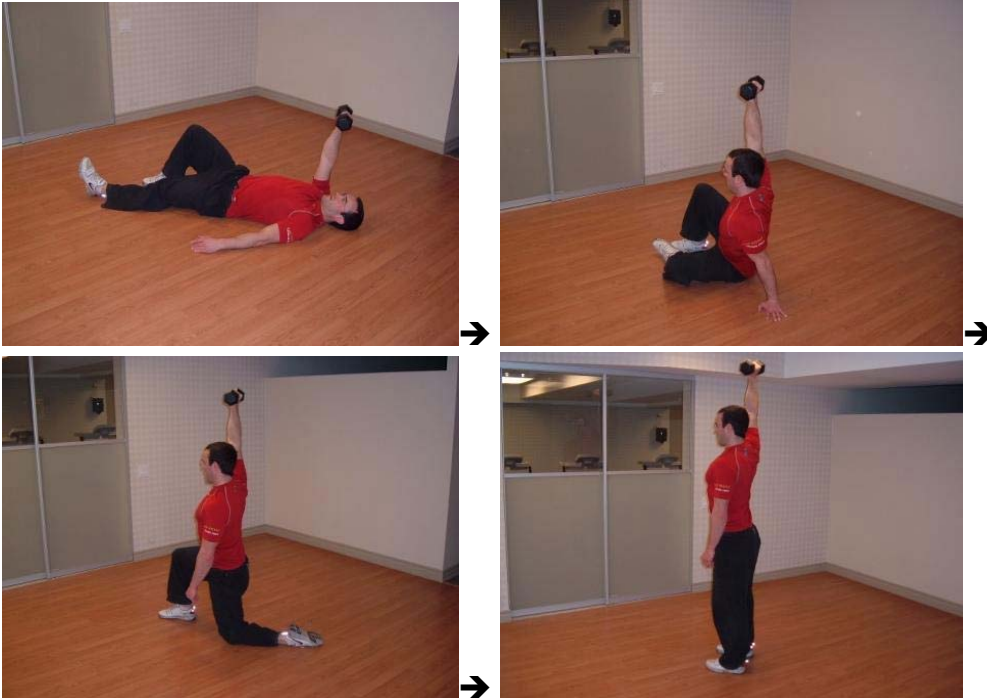
### **Burpees**

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position. Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



### **DB Turkish Getup**

- Lie on your back on the floor with a dumbbell held straight above you.
- Bend the knee on the same side.
- Curl your body up to the seated position while keeping the dumbbell held straight above you.
- Slide your other leg back out underneath you so that you are in the kneeling position.
- Stand up. Slowly return to the lying position. Do all reps for one side and switch.



## **Exercise Descriptions – Workout B**

### **Plank**

- Lie on your stomach on a mat. Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Hold this position for the recommended amount of time or 10 seconds if you are doing multiple repetitions.



### **Side Plank**

- Raise your body in a straight line so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.



## **Exercise Descriptions – Workout C**

### **Forward Lunge**

- Stand with your feet shoulder-width apart and hold a light dumbbell in each hand.
- Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push with your right leg to return to the starting position.
- When you are strong enough, hold dumbbells in your hands to increase intensity.



### **DB Incline Press**

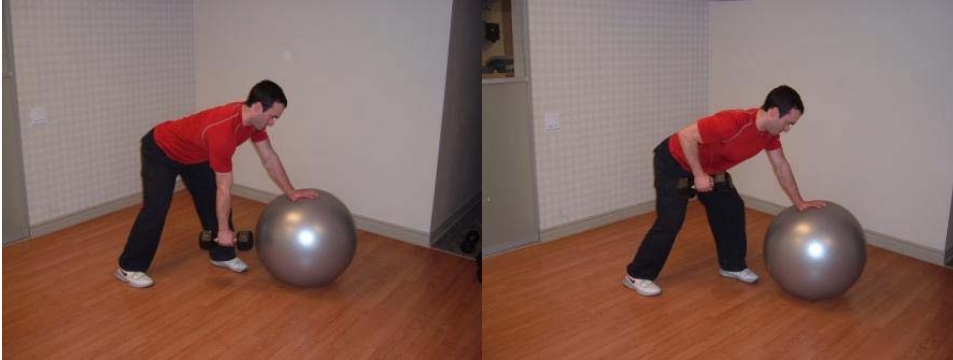
- Lie on a bench with the backrest inclined at 45-60 degrees.
- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



## Exercise Descriptions – Workout C

### DB Row with Arm on Stability Ball

- Hold a dumbbell in one hand. Place the other hand on a stability ball.
- Step the leg on the dumbbell side back and the other leg closer to the ball.
- Keep your back arched, never let it round.
- Keep your abs braced and row the dumbbell up to your mid-section.



### 1-Arm DB Squat and Press

- Hold a dumbbell (or kettlebell) at shoulder height with your palm facing away from your body. Let the other arm hang free at your side.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position while simultaneously pressing the dumbbell overhead.
- Do all reps on one side then switch.



## Exercise Descriptions – Workout C

### Decline Close-grip Pushup

- Place your feet on a bench or a ball
- Keep your hands shoulder-width apart and keep your elbows tucked into your sides as you do the pushup.



### DB Standing 1-Arm Curl

- Hold a DB in one hand. Stand with the opposite hand braced on an object for support and the opposite foot stepped forward.
- Brace your abs and curl the DB to shoulder height. Slowly lower.
- Use the free hand to help the final reps if needed.



## Exercise Descriptions – Workout C

### Stability Ball Ab Crunch with Medicine Ball

- Lie on the stability ball with your feet spread slightly greater than shoulder width apart on the floor (a wider stance equals greater stability and an easier exercise).
- Curl your shoulder blades off the ball as if performing a regular abdominal crunch off the floor. Return to the start position.



### Plank with Arms on Ball

- Place your clasped hands on the top of a medium sized ball.
- Keep your body in a straight line from shoulders to toes and keep your abs braced.



### X-Body Mountain Climber

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



## **Exercise Descriptions – Intervals**

### **Spiderman Push-up**

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to rotate at your hips.



### **Mountain Climbers**

- Brace your abs. Start in the top of the push-up position. Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate. Keep your abs braced and slowly return your leg to the start position. Alternate sides until you complete all of the required repetitions.



### **Bird Dog**

- Kneel on a mat and place your hands on the mat under your shoulders. You should be on “all fours” (like a dog). Brace your abs. Raise your right hand and left leg simultaneously while keeping your abs braced. Point your right arm straight out from your shoulder and your left leg straight out from your hip. Your pelvis should not rotate (if someone placed a ball in the small of your back, it shouldn’t have fallen off). Your back should be flat. Hold for 3-5 seconds and then slowly lower.



## Static Stretching

### Psoas Stretch

- Kneel on your right knee and place your left foot 1-2 feet ahead of your right knee.
- You should be in a straight line (similar to the bottom position in a lunge).
- Slowly lean forward until you feel a moderate stretch in the hip flexor area (the front side of leg at the hip level)
- Hold the stretch for 30 seconds and then switch sides.



### Hamstring Stretch

- Lie on your back with both legs flat. Slightly bend your right knee.
- Now raise your right leg straight up in the air and try to bring it back until it is perpendicular to the floor. Keep the other leg flat and straight on the ground.
- As you raise your leg, you will begin to feel a stretch in the hamstring.
- Bring the leg up until a moderate stretch is felt. Support the leg in that position by holding it up with your hands or a towel looped around your foot.
- Hold the stretch for 30 seconds and then switch sides.



## **Static Stretching**

### **Glute Stretch**

- Lie on your back with both legs flat. Slightly bend your right knee.
- Raise your left leg straight up in the air.
- Slowly lower the left leg straight across the body while trying to keep your lower back pressed into the floor.
- Support the leg by looping a towel around your foot.
- You should feel the stretch over your hip and in your glute on your left side.
- Hold for 30 seconds and then repeat for the other side.



### **Quadriceps Stretch**

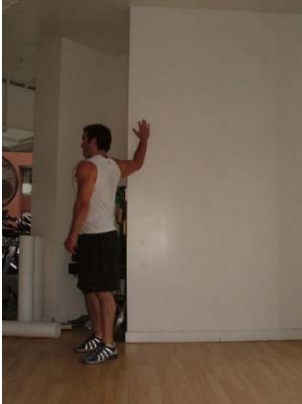
- Lie on your right side.
- Bring your left ankle back to your butt and grasp it with your left hand.
- Keep the knee in line with the hip.
- The stretch will be in the front of your left leg (thigh).
- Hold for 30 seconds and then repeat for the other side.



## **Static Stretching**

### **Chest Stretch**

- Stand next to a doorframe.
- Raise your elbow up to shoulder height and rotate your arm so that your hand is up (as if you were in a throwing position with your elbow in line with your shoulder).
- Press your elbow against the doorframe and slowly and gently rotate your upper body away from your elbow.
- You should feel the stretch across the front of your shoulder and chest.
- Hold for 30 seconds and then repeat for the other side.



### **Shoulder Stretch**

- Raise your arm to shoulder height and bring your arm across the front of your body.
- If using your right arm, your right hand should rest at your left shoulder.
- Take your left arm and place it behind your right elbow. Slowly and gently apply pressure just above your right elbow to feel a stretch in the back of the right shoulder.
- Hold for 30 seconds and then repeat for the other side.

