

Assumption Cross Country/Track Ab routine:

- 25 x regular crunches (knees up and feet hanging in the air)
- 10 x side crunch (right side)
- 10 x side crunch (left side)
- 10 x supermans
- 20 x swimmers (alternate: right arm-left leg, left arm-right leg)
- 10 x jackknife situps
- 1 set of *Killer Abs* (proceed through all 35 of these crunches without stopping)
 - 5 x regular crunches - *knees up, feet hanging in the air*
 - 5 x crunches with right leg out - *kick right leg out and hold just above ground*
 - 5 x crunches with left leg out - *switch legs*
 - 5 x regular crunches - *knees up, feet hanging in the air*
 - 5 x crunches with right leg up - *kick right leg upward and hold 90° angle to ground*
 - 5 x crunches with left leg up - *switch legs*
 - 5 x crunches with both legs up - *kick both legs upward, hold together*
- 10 x butt-ups
- 10 x reverse crunch
- 30 seconds – side bridge (right side)
- 10 x side leg lift (right side)
- 30 seconds – side bridge (left side)
- 10 x side leg lift (left side)
- 30 seconds – bicycle crunch

Ab Routine (description)

Side Crunch



Lie on your left side with your legs on top of each other with your knees bent a little. Loosely cup your head with your right hand. Crunch up as high as you can go, keeping the movement in the lateral plane as much as possible to work the obliques. Do both sides.

Superman

Lie face down on the floor with your arm stretched out directly overhead (like Superman flying, hence the name). Raise your arms and chest off the floor and hold it there for 2 seconds and squeeze. Lower back to the ground and repeat.

Swimmers

Lie face down on the floor with your arm stretched out directly overhead . Raise your right arm, and left leg off the floor at the same time and hold it there for 2 seconds. Lower back to the ground and repeat with the opposite arm/leg.

Jackknife Sit-Up



Lie on the floor on your back. Place your arms straight back behind your head. Bend at the waist while raising your legs and arms to meet in a jackknife position. Lower arms and legs back to the starting position. Keep your elbows and knees locked.

Killer Abs

Lie on your back with legs elevated and bent at the knees, as if to do a typical “crunch”. With stopping, you cycle through crunches with different leg positions. The first set of 5 is a regular crunch. Without stopping, you do another set of 5 crunches with your right leg sticking straight out (parallel to the ground). Switch legs without stopping, and do another 5, before going to another 5 of the regular crunch, and then 3 different sets of 5 crunches where you put your right leg straight up (i.e. perpendicular to the ground), then left leg straight up, followed lastly by both legs going straight up. In total, you’ll do seven sets of 5 crunches – each with a different position for your legs.

Butt-Ups



Begin a pushup position but with your elbows on the ground and resting on your forearms. Your elbows should be bent at a 90 degree angle. Arch your back slightly out rather than keeping your back completely straight. Raise your glutes toward the ceiling, squeezing your abs tightly to close the distance between your ribcage and hips so you end up in a high bridge position. Lower back down slowly to your starting position. Repeat. Don't let your back sag downwards.

Reverse Crunch



Lie on the floor on your back. Put your hands by your sides with your feet up and your thighs perpendicular to the floor. They should not go down lower than this during the movement. Using your lower abs, roll your pelvis backward to raise your hips off the floor. Your knees will now be over your chest. Return slowly to the starting position.

Side Bridge



Works your obliques and helps stabilize your spine. Lie on your side and support your body between your forearm and knee to your feet. Hold position until time has ended. You'll repeat this on the other side. We will eventually increase the time from 30 seconds to 1 minute.

Side leg lift

Working from the side bridge position (above), lift your upper leg as high as possible and then bring the leg back down and return to the starting position. This is one repetition for one leg, you'll be repeating this for the other leg as well. The exercise works both the IT band and glutes.

Bicycle Crunch

Lie on the floor on your back with your legs up and bent at the knee - as though you're prepared to do a regular set of crunches. You will be doing two motions at the same time, a bicycling motion with your legs and oblique crunches with your upper body. While still lying down, place your hands alongside your head with your elbows up. Start by bicycling your legs. As your legs bicycle, pull forward with your upper body - twisting your right elbow over to your left leg/hip. Drop back down and repeat by pull forward and twisting your left elbow over toward your right leg/hip. Continue for an appropriate amount of time. This exercise works the obliques, hip flexors, back and develops coordination.