

This is a really basic abdominal and lower back circuit.

Complete one exercise directly after the other. There is no rest during the circuit!

Maintain posture and form to achieve maximum results.

1) Leg Drops



Keep the body ridged and the shoulders off the floor. As you exhale, slowly lower your right leg towards the ground, stopping when you feel your lower back beginning to lift from the ground. At this point, begin to lift your leg back to the starting position. Repeat this maneuver 25 times on each leg.

50 reps

2) Russian twists



Keeping your body in a 'sit up' position, hold a weight out in front of you and rotate the torso and the weight from left to right. The slower you move the weight from left to right the harder and more effective the exercise.

50 reps

3) Back extensions



Lie face down on top of a swiss ball. Make sure the ball is positioned between the lower chest and abdominal region. Place your hand behind your head and raise your trunk about 6-8 inches.

30 reps

4) Elbow to knee
crunches



With hands behind the head lift the body upwards and turn to the left so that the right elbow meets and touches the left knee. Once you have completed the movement do the exact same on the other side.

50 reps

5) V sits



Raise both legs up into the air with the shoulders slightly raised from the floor. Maintaining straight legs move the torso up from the ground and touch the ankle with the hands.

30 reps

6) Single leg v sits



Raise the left leg into the air with the shoulders raised from the floor. Maintaining a straight leg out in front of you and a straight leg in the air move the torso up from the ground and touch the ankle with both hands. Complete the set and move onto the right leg.

12 reps each leg