



## **1,000 Rep Abdominal Blast**

\* Equipment needed – Yoga Ball, Workout Band, Pull Up Bar\*

### **Warm Up**

(5-8 minutes to prepare your body for the workout)

**Yoga Ball Crunch** – 6 sets of 25 reps (150 reps completed)

\*Hold your hands out in front of your body and reach towards the sky when conducting each repetition. This will take tension off of your lower back and neck. It will also force your core to engage more efficiently.

**Reverse Crunch** – 6 sets of 25 reps (300 reps completed)

\*If you have trouble stabilizing yourself during this exercise, have your head on the floor near a couch or other heavy object (one that cannot fall over onto you) lift your arms over your head to grab the bottom of the couch.

**Sitting Twists** – 5 sets of 20 reps each side (400 Reps Completed)

\*Remember the slower and more controlled you can conduct each repetition the more you will engage your oblique muscles.

**Cable Crunch with Band** – 4 sets of 30 reps (520 reps completed)

\*Hang your band over your pull up bar for this exercise. Extend your trunk fully to stretch your abdominals during each repetition.

**Hanging Oblique Leg Raises** – 5 sets of 15 reps each side (675 reps completed)

**V-Ups** – 5 sets of 20 reps (775 reps completed)

**Oblique Cable Crunches** – 5 sets of 15 reps each side (850 reps completed)

**Jack Knives with Yoga Ball** – 5 sets of 30 reps (1,000 reps completed)

\*Perform this exercise slowly and hold at the top and bottom of each repetition for 2 seconds. This will also stimulate an alternative version of a plank.

**Cool Down & Stretch**