

# MONDAY

Exercise	Number of sets	Number of reps	Tempo	Info	Rest	Too easy?	Too hard?
Leg Raises	3 sets	20 reps	Lift legs for 1 second and lower for 3 seconds.	Lie on your back with hands placed just under your bum. Raise the legs so your body is at a 90 degree angle. Begin to lower your legs slowly for 3 seconds then repeat.	30-60 seconds rest between sets.	If this exercise is easy then increase the number of reps and sets you do. Try 4 sets of 30.	If this exercise is too hard then lower the number of reps you do. Try 3 sets of 10 instead of 20.
Russian Twists	3 sets	50 reps (25 each side)	Twist out for 1 second then twist back inwards for 2 seconds.	Keep core tight with this exercise. Balance on the top of your bum with your feet elevated slightly off the floor. Then keep everything still and twist your upper body to the side keeping your lower body still. Repeat this on each side.	30-60 seconds rest between sets.	If this exercise is too easy then try adding weight. Hold a dumbbell of your choice weight and try the exercise this way.	If this exercise is too hard then try lower reps. Instead of 50 reps try just 30. T
Abdominal Crunches	3 sets	45 reps	1 second up, 1 second down, keep a smooth tempo for this.	Lie on your back with knees bent. Straighten arms out pointing towards knees. Begin to lift your shoulder blade off the ground until your hand reaches past your knee. Repeat this for the 45 reps.	30-60 seconds rest between sets.	If this exercise is too easy try decreasing your rest period. Instead of 30-60 seconds try 15-30 seconds.	If this exercise is too hard try doing 30 reps instead of 45.



# WEDNESDAY

Exercise	Number of sets	Number of reps	Tempo	Info	Rest	Too easy?	Too hard?
Superman's	2 sets	20 reps	1 second up, 1 second down, keep a smooth tempo for this.	Position on your hands and knees. Begin to raise your left arm up in time with your right leg. Bring both your arm and leg back to the original position and switch to to your right arm and left leg.	30-60 seconds rest between sets.	If this exercise is too easy try an extra set. Do 3 sets of 20 reps.	If this exercise is too hard then try increasing you rest period to 60-90 seconds.
Knee tucks (with or without Bosu ball)	2 sets	15 reps	1 second up, 2 second down, keep a smooth tempo for this.	Sit on the top of your bum either on the floor or a Bosu ball. Place hands behind to help balance. Now begin to bring your knees to your chest and then extend them out again.	30-60 seconds rest between sets.	If this exercise is easy try upping the reps to 25.	If this exercise is too hard then try increasing you rest period to 60-90 seconds.
Forearm plank with knee drives	3 sets	40 reps (20 each side)	1 second up, 1 second down, keep a smooth tempo for this.	Start the exercise in the plank position. Bring each leg outwards and up towards your chest. Then return back in to the plank position and switch to your other leg.	30-60 seconds rest between sets.	If this is too easy then try upping the reps to 50 or increasing the number of sets to 4.	If this is too hard then try lower the reps to 30 instead of 40.



# FRIDAY

Exercise	Number of sets	Number of reps	Tempo	Info	Rest	Too easy?	Too hard?
Knee raises	2 sets	20 reps	1 second up, 1 second down, keep a smooth tempo for this.	Lie on your back with hands placed just under your bum. Begin to bring your knees towards your chest. When brought up to your chest begin to extend them back out.	30-60 second rest in-between sets.	If this exercise is too easy try an extra set. Do 3 sets of 20 reps.	If this exercise is too hard then try increasing your rest period to 60-90 seconds.
Abdominal Bicycle Kicks	3 sets	50 sets (20 each side)	1 second up, 1 second down, keep a smooth tempo for this.	Lie on your back with your hands behind your head. Bring your right elbow to your left knee. Repeat this with the opposite hand and opposite elbow.	30-60 second rest in-between sets.	If this exercise is too easy try an extra set. Do 4 sets of 50 reps.	If this exercise is too hard then lower the number of reps you do. Try 3 sets of 40 (20 each side).
Circuit	3 sets	Each exercise to last 30 seconds.	1 second up, 1 second down, keep a smooth tempo for this.	<p>Exercise 1: Leg Raises</p> <p>Exercise 2: Forearm plank with knee drives</p> <p>Exercise 3: Abdominal Crunches</p>	All three exercises without rest in-between is one circuit set. Rest for 90 seconds in-between sets.	If this circuit is too easy try decreasing your rest period. Instead of 90 seconds try 60 seconds.	If this circuit is too hard decrease the length of each exercise from 30 seconds to 20.

