

PLANK HOLD



From a push-up position, drop to your forearms. Switch on your abdominal muscles by sucking your navel towards your spine. Keep your body straight and buttocks down.

Reps: 3 x 3 sets of 15 second holds. Build up to 30 secs.

FLOOR CRUNCH



Lie on your back with your knees bent, feet flat on the floor. Place hands so that your fingers are by your ears. Switch on your abdominals by sucking your navel towards your spine and curl forward as far as you can to lift both shoulders off the floor. Keep your chin pointing up. Breathe out as you crunch up and hold the position for 2 seconds.

Reps: 2 sets of 10 - 12 reps.

BICYCLE CRUNCH



Lie on your back, knees bent, feet flat on the floor, and hands on the sides of your head. Contract your abdominal muscles as you bring your knees up to a 45 degree angle. Straighten and bend your knees as you alternate crossing and touching right elbow to left.

Reps: 2 sets of 10 – 12 reps for each leg

