

ABS ADVANTAGE
www. *Chris Freytag* **.com**

BALANCE

(standing)

Boxer Move: Twist Twist Knee

Add Squat -Knee obliques lift-

Plie/Balance Series:

Beat, beat, Plie:

Plies: calf raise, bend, drop heels, lift...

Standing Balancing Leg Circles - Straight legs/hands on hips

Explanation – draw abs up and in, keep hips steady and circle

Side Twist Balancing one leg (other knee 90 degree out in front)-

Demo one slow

(twist, 2, 3, center, twist 2, 3, center etc.)-

(prone)

Spinal balance w/opposite knee to elbow crunch

Kneeling spider – opposite arm and leg extend to the sided

(camel position) (moving into position- tuck toes under)

I Dream of Jeanie-

(plank position on forearms)

Back leg lifts

Dolphin

PILATES

(Supine)

Hip Rolls

Hundred

Double Leg stretch

Seated Saw:

Modified Teaser

Side Bend

CLASSIC ABS

(supine)

Standard Crunches -

Add right leg extended and still -

Add right leg lift and lower

Add upper body rotation toward the bicycling leg

Seated Oblique Twist:

Fast Oblique Twist:

(Supine)

Leg Drops (hands at sides)

Reverse Curls

Climb the Rope

Side Crunches;

STABILITY BALL

Oblique Torso Rotation on Ball (same position, extend arms straight up in air)

Stability Ball Roll-outs (forearms on ball; knees bent on mat)

Back Extensions

Tuck and Extend: Roll out on ball, start with ball at quads, roll knees twds chest.

Balancing Shoulder Bridge: feet on ball, lift body into a plank –

“Hand to Feet” ball pass off:

Keep Between Feet straight up in air-