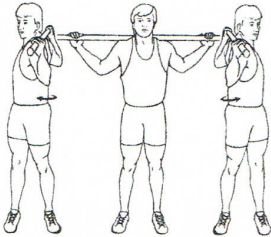


# Shape-up Stomach and Midsection

Designed by: Chris Knight - Certified Fitness Specialist, Nutrition and Life Coach

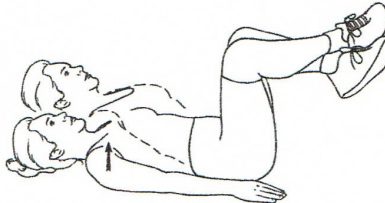


ABS - 39 Trunk Twist



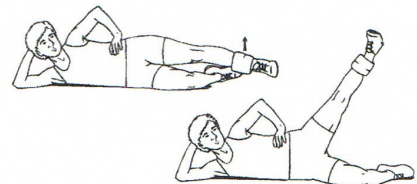
Tighten abdominals and rotate upper body, twisting at waist from one side to the other. Keep back straight.  
Do  3  sets. Complete  20  repetitions.

ABS - 10 Crunch: Raised Leg



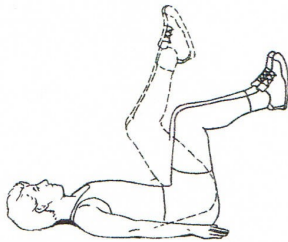
Arms straight, legs up, bent, ankles crossed, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.  
Do  2  sets. Complete  20  repetitions.

LEGS: GLUTES / THIGHS - 34 Leg Abduction: Single Leg (Ankle Weight)



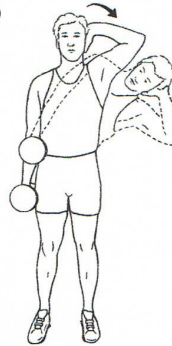
Top leg weighted and straight, sweep leg upward as far as possible. Complete all repetitions to one side. Repeat on other side.  
Do  2  sets. Complete  15-20  repetitions.

ABS - 15 Crunch: Reverse



With knees at 90° angle, tighten abdominals, curl hips up until low back clears floor.  
Do  2  sets. Complete  12  repetitions.

ABS - 37 Side Bend (Dumbbell)



Tighten abdominals and bend to side as far as possible.

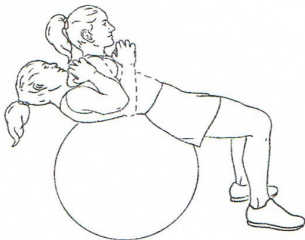
Do  2  sets.  
Complete  12  repetitions.

BACK - 21 Extension: Prone (Dumbbell)



Hold dumbbell in front of chest and extend low back.  
Do  3  sets. Complete  15-20  repetitions.

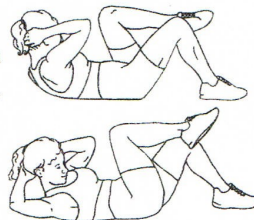
ABS - 1 Crunch (Dumbbell)



Hold dumbbell on upper chest, low back supported. Tighten abdominals by bringing ribs toward pelvis until shoulders clear ball. Do  2  sets. Complete  20  repetitions.

ABS - 17 Crunch: Twist - Bent Leg, Alternating

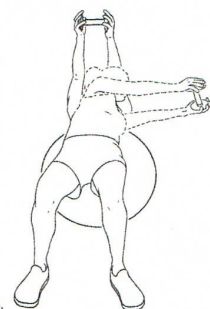
Legs bent, tighten abdominals, raise upper body and one leg. Twist to touch opposite elbow to raised knee. Alternate sides.



Do  2  sets.  
Complete  20  repetitions.

ABS - 11 Twist: Supine (Dumbbell)

Bridge trunk, head, neck and shoulders supported, arms extended over head holding dumbbell. Rotate trunk to the right, keeping arms extended. Repeat to other side.



Do  2  sets.  
Complete  12-20  repetitions.

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