

## **Abdominals**

**Crunches**-Lie on your back with your hands behind your head, legs crossed and bent at 90 degrees. **KEEP YOUR SHOULDERS OFF THE GROUND THE ENTIRE TIME!** When you raise your shoulders straight up into the air and come back down, keeping your shoulders off the ground, that counts as one rep.

**Leg Lifts**-Same as Crunch position but your legs are straight, 6 inches off the ground. When you have lifted your legs up in the air, pushed your hips up, and brought your legs straight down you have performed one rep. If you need to put your hands under your butt do so. If they're too easy put your hands at your sides.

**Reverse Crunch**-Start from Leg Lift position bringing your legs to your chest past the Crunch position so your butt rises off the ground and returning to the Leg Lift position at the end of the rep.

**U-Up**-Combination of Reverse Crunch and Crunch.

**Speed Twists**-Start from Crunch position with shoulders off ground and go as fast as you can bringing elbow to opposite knee. Once you've hit each elbow that is one rep.

**Bicycles**-Same as Speed Twists except now you should be "peddling" bringing proper knee to the elbow.

**Figure 8**-Start from Leg Lift position except legs will be 45 degrees off the ground. With both legs together move them in a small series of figure 8's. A full figure 8 is one rep.

**Side Crunch**-Lay on your side in the fetal position with your outside hand on the back of your head and the inside arm across your chest. Try and bring your elbow and shoulder to your hip for one rep.

**Glute/Ham Twists**-Get on glute/ham machine the opposite way with your chest facing towards the ceiling and your body straight. Grab a 10 or 25 pound weight (whatever you can handle), hold it at your chest, and bring the weight side to side.

**Ab Rollers**-**TRY TO PICK THIS AS ONE OF YOUR AB EXERCISES EVERYTIME!!!** Grab a bar with 45's on each side. Get on your knees with your body upright and bar against your waist. Roll bar forward keeping your arms straight and go as far as you can without touching your chest or any body part to the floor. Bring the bar back up to your waist for one rep.

## Auxiliary Lifts

### Hips

Abductor & Adductor

### Hamstrings

Leg Curls

### Quadriceps

Leg Extensions

One-Legged Squat

### Multi-Joint Leg Exercises

Deadlifts

Lunges

Leg Press

### Wrist/Forearm

Wrist Curls

Reverse Curls

### Neck

4-Way Machine

### Lats

Seated Rows

### Trapezius

Upright Rows

Shrugs

### Chest

Flys

Pull Overs

### Shoulders

Arnold Military Press

Rotator Cuff Series

### Triceps

Triceps Push Downs

Skull Crushers

### Biceps

Curls

21's