

AB EXERCISES

To get a stronger core and abs, work your upper abs, lower abs, obliques, and core stabilizing muscles. Mix and match the exercises and switch it up often.

REPETITIONS : 10-12

PLANK HOLD* : 30-60 secs

SETS : 2-4

UPPER ABS

CRUNCH



KNEE CRUNCH



TOE TOUCH



CRUNCH CLAP



V-CRUNCH



LOWER ABS

REVERSE CRUNCH



DEADBUG



SCISSORS



PLANK SIDE TUCK



DOWN-DOG LEG UP



OBLIQUES

SIDE PLANK*



BICYCLE CRUNCH



SIDE V-UP



CROSS BODY CLIMBERS



RUSSIAN TWIST



CORE

PLANK*



PLANK TO PUSH-UP



MOUNTAIN CLIMBERS



DOWN -DOG TO PLANK



SIDE PLANK KNEE-UP





BODYWEIGHT

JL FITNESS
MIAMI

LOWER
BODY



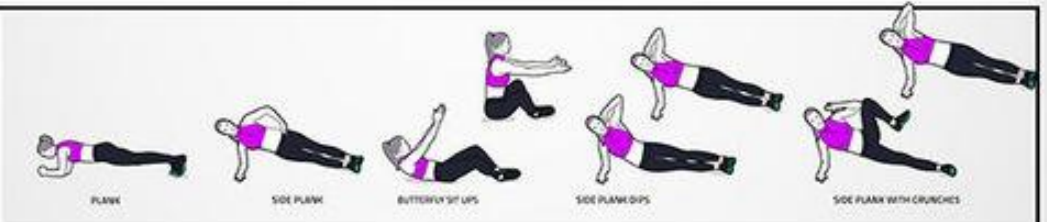
LOWER
BODY



LOWER
BODY



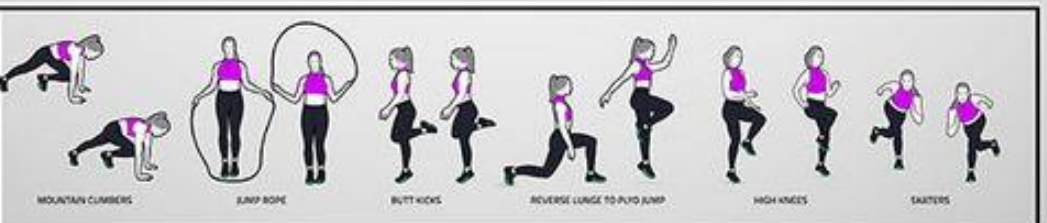
CORE



CORE



CARDIO



UPPER BODY



ABS & CORE



LOWER BODY



REPS **10-15** **2-4**
SETS REPETITIONS SETS

Workouts



Upper Body	Dip	Pull-Up	Horse Stance	One-Arm Plank	Pec
Full Body	Jumping Jack	Squat Jump	Jump Rope	High Knee	Split Jump
Core & Abs	Bicycle Crunch	Crunch	Side V-Up	Dead Bug	Toe -Touch
Core & Abs	Plank	Rolling Plank	Reverse Crunch	Scissors	Mt. Climber
Lower Body	Squat	Lunge	Side Lunge	One-Leg RDL	Hip Raise

15 Exercises You Can Do Anywhere *without weights*

INCLINE PLYO PUSHUPS



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SQUAT JACKS



LUNGE TAP BACKS



HIP RAISE MARCHES



180° BURPEES



LATERAL SKI JUMPS



LEG LIFT REVERSE CRUNCH



TUCK JUMPS



SWITCH LUNGES



BICYCLES



SUPERMANS



TRICEP DIPS



PUSHUP TO DOWN DOG



RUSSIAN TWISTS

