

# WORKOUT LOG

Online Video Workout - Ab Blast #5 - Let It Burn

**Focus:** Focus on body weight movements to strengthen core. Coronavirus edition!

**Date:** 4/9/2020

**Duration:** 20 mins/30 mins

**Warm Up:** 5

	Exercise	Reps/Time	Rest	Sets	Duration	Notes
<b>CW</b>	Arm Circles	30 secs	0	2	5	Small to big circles. Front and back.
	Cross Body Reach	30 secs				Gentle and easy to loosen back and shoulders.
	Squats	30 secs				Feet slightly wider than hips. Press hips back into squat.
	Crunches	30 secs				Sit up pos. Crunch shoulders off floor.
	Bridge Pulse	30 secs				Sit up pos. Lift hips high, lower to just above floor, repeat.

**Work Out:** 18

	Exercise	Reps	Rest	Sets	Duration	Notes
<b>C1</b>	Plank Hold	10 secs	0	2	6	Forearm or full plank.
	Plank Leg Raise - R	5				From plank position, lift right leg. Keep hips square to ground
	Plank Leg Raise - L	5				From plank position, lift left leg. Keep hips square to ground
	Plank Hold	10 secs				Forearm or full plank.
	Plank Pikes	10				From plank position, lift hips high into a pike. Return. Repeat
	Plank Hold	10 secs				Forearm or full plank.
	Plank to Side Plank - R	5				From center plank position, twist and reach right arm to sky. Return.
	Plank to Side Plank - L	5				From center plank position, twist and reach left arm to sky. Return.
	Plank Hold	10 secs				Forearm or full plank.
	Plank Donkey Kicks	10				From plank position, hop hips and bent knees to sky. Land softly.
	Plank Hold	10 secs				Forearm or full plank.
	Plank Tuck	10				From plank position, hop feet in to hands. Return.
	Plank Hold	10 secs				Forearm or full plank.
	Bridge Hold	10 secs				Press hips high. Hold.
Bridge Toes Taps	10	From bridge lift one foot to tap "ball". Alternate legs.				
Bridge Hold	10 secs	Press hips high. Hold.				
Bridge Leg Circles - R	5	From bridge straighten right leg. Draw a big circle. Repeat.				

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<b>C2</b>	Bridge Leg Circles - L	5	0	2	6	From bridge straighten left leg. Draw a big circle. Repeat.
	Bridge Hold	10 secs				Press hips high. Hold.
	Two Leg Circle - R	5				Lie on back, both legs to sky. Hold legs tight, draw big circles to right.
	Two Leg Circle - L	5				Lie on back, both legs to sky. Hold legs tight, draw big circles to left.
	Bridge Hold	10 secs				Press hips high. Hold.
	Leg Lift Hop	10				Lie on back, both legs to sky. Lower legs, raise, "hop" to sky.
	Bridge Hold	10 secs				Press hips high. Hold.
	Bridge Step Out - R	5				From bridge straighten right leg then left to reverse plank. Return.
	Bridge Step Out - L	5				From bridge straighten left leg then right to reverse plank. Return.
	Bridge Hold	10 secs				Press hips high. Hold.
<b>C2</b>	Straight Arm Sit Up	10	0	2	6	Reach both hands to sky as sit up.
	Reverse Crunch	10				Top of sit up position. Lean back, hands to balance. Kick legs out, in.
	Straight Arm Sit Up	10				Reach both hands to sky as sit up.
	Russian Twist	10				Top of sit up position. Lean back to engage core. Twist upper torso.
	Straight Arm Sit Up	10				Reach both hands to sky as sit up.
	Scissors	10				Lie flat, hands beneath tush. Lift legs 1 foot. Open close wide.
	Straight Arm Sit Up	10				Reach both hands to sky as sit up.
	Bicycles	10				Lie on back, legs at 90. Crunch elbow to opposite knee, kick out leg.
	Straight Arm Sit Up	10				Reach both hands to sky as sit up.
	V Up	10				Lie on back. Lift legs and chest into V position. Return.
	Straight Arm Sit Up	10				Reach both hands to sky as sit up.

### Cool Down/Stretching:

5.5

	Exercise	Reps	Rest	Sets	Duration	Notes
<b>1</b>	Bridge	15 secs	15 secs	2	1	Lift in bridge to counter stretch core.
<b>2</b>	Lying Rotational	15 secs ea side	15 secs	2	1.5	Lie in situp pos. Gentle lower knees to one side. Switch.
<b>3</b>	Downward Dog	30 secs	15 secs	2	1.5	Gentley stretch calves/hamstrings as feels good.
<b>4</b>	Child's Pose	30 secs	15 secs	2	1.5	Don't short the stretches.