

WORKOUT LOG

Online Video Workout - Ab Blast 2 - Intermediate

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

Date: 3/22/2020

Duration: 25 mins/35 mins

Warm Up: 5

	Exercise	Reps/Time	Rest	Sets	Duration	Notes
CW	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.
	Hip Openers	30 secs				Rotate out 15 secs. Rotate in 15 secs.
	Butt Kicks	30 secs				Gentle and easy to loosen quads.
	Jumping Jacks	30 secs				Slow increase heart rate and circulation.

Work Out: 25

	Exercise	Reps	Rest	Sets	Duration	Notes
C1	Penguins	30 secs	15	3	10	Situp pos. Shoulders off floor. Reach w/hand touch outside foot. Alt.
	Russian Twist	30 secs				Top of sit up pos. Lean back to engage core. Twist entire upper body.
	Side Plank - R	30 secs				If needed modify by lowering right knee to ground. Press hips to sky.
	Side Plank - L	30 secs				If needed, modify by lowering left knee to ground. Press hips to sky.
	Forearm Plank	30 secs				Flat back. Don't let hips sink.
C2	Straight Arm Crunch	30 secs	15	3	15	Arms straight up. Crunch shoulders high off ground.
	Hollow Hold	30 secs				Lie on back. Lift feet 1 foot, crunch shoulders off floor. Hold.
	Bicycles	30 secs				Opposite elbow to opposite knee. Go slow.
	Bridge	30 secs				Hips high. Keep knees pulling in.
	Superman	30 secs				Lift as high as you can.

Cool Down/Stretching: 5.5

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