

WORKOUT LOG

Video Workout - Ab Blast 4 - Static Holds Rock

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

Date: 4/1/2020

Duration: 20 mins/30 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.
	Squats	30 secs				Feet slightly wider than hips. Press hips back into squat.
	Inch Worm	30 secs				Stand ft hip distance. Place hands on floor. Walkout to plank. Return.
	Jumping Jacks	30 secs				Big jacks.

Work Out: 18 1 minute rest between circuits.

	Exercise	Reps	Rest	Sets	Duration	Notes
C1	Straight Arm Sit Up	30 secs	0	2	3	Lie on ground knees bent. Arms pt to sky. Full sit up.
	Straight Arm Crunch	30 secs				Lie on ground knees bent. Arms pt to sky. Crunch up/lower. Repeat.
	Straight Arm Hold	30 secs				Lie on ground knees bent. Arms pt to sky. Crunch up, hold.
C2	Bridge Full Pulse	30 secs	0	2	3	Lie on ground knees bent. Lift hips high, lower to ground. Repeat.
	Bridge Half Pulse - Top	30 secs				Lie on ground knees bent. Lift hips high, lower slightly, press high.
	Bridge Hold	30 secs				Lie on ground knees bent. Lift hips as high as possible. Hold.
C3	Superman Full Pulse	30 secs	0	2	3	Lie prone. Lift chest and legs high. Lower to ground. Repeat.
	Superman Half Pulse - Top	30 secs				Lie prone. Lift chest and legs high. Lower slightly, lift high. Repeat.
	Superman Hold	30 secs				Lie prone. Lift chest and legs high. Hold.
C4	Side Plank Dips - R	30 secs	0	2	3	Forearm or full side plank. Lower hips low, lift high. Repeat.
	Side Plank Half Dips - Top - R	30 secs				FA or full side plank. Press hips high, lower slightly, press high.
	Side Plank - R	30 secs				FA or full side plank. Press hips high. Hold.
C5	Side Plank Dips - L	30 secs	0	2	3	Forearm or full side plank. Lower hips low, lift high. Repeat.
	Side Plank Half Dips - Top - L	30 secs				FA or full side plank. Press hips high, lower slightly, press high.
	Side Plank - L	30 secs				FA or full side plank. Press hips high. Hold.
C6	Leg Lifts	30 secs	0	2	3	Lie on back hands under tush. Lift both legs, lower to floor. Repeat.
	Leg Lifts Half - Top	30 secs				Lie on back hands under tush. Lift both legs, lower slightly, lift.
	Leg Lifts Hold	30 secs				Lie on back,, legs straight up. Lower to engege abs. Hold.

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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.