

WORKOUT LOG

Online Video Workout - Ab Blast 1 - Beginner

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

Date: 3/22/2020

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.
	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: 20

	Exercise	Reps	Rest	Sets	Duration	Notes
C1	Straight Arm Crunch	30 secs	20	2	10	Arms straight up. Crunch shoulders high off ground.
	Reverse Crunch	30 secs				Lie on back knees at 90. Lower legs touch floor w/toes. Return.
	Scissors	30 secs				Lie on back. Lift legs 1 ft off floor. Open close, repeat.
	Birdog Crunch	30 secs				Table top pos. Lift one arm and opposite leg, lower. Repeat opp arm.
	Bear Plank	30 secs				Table top pos. Lift knees 2 inches. Hold.
C2	Swimmer	30 secs	20	2	10	Lie face down arms overhead. Lift one arm opp leg, lower. Rpt opp side.
	Superman	30 secs				Lie face down arms overhead. Lift arms and legs. Hold.
	Deadbug	30 secs				Lie on back arms/legs str up. Lower 1 arm opp leg. Return. Opp side.
	Bridge	30 secs				Situp pos. Lift hips high. Keep knees pulling in.
	Crunch Cross Reach	30 secs				Situp pos, crunch reach right arm past left knee. Lower. Rept opp side.

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.