

Abdominals and Cardio Focused Workouts

Warm up:

1 mile run

Dynamic Stretching as required

- 10 repetitions or 30 seconds for each stretch
- Dynamic Stretching Options:
 - Front to back leg swing
 - Side to side leg swing
 - Full arm circles
 - Hip rotations
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Cool down:

5-10 minute light cardio: jog, elliptical, rower, jump-rope, bike

Static Stretching as required

- 30 second hold
- Static Stretching Options:
 - Quad pull
 - Toe touch
 - Down dog to Cobras pose
 - Child's pose
 - Arm across the body
 - Tricep stretch

Workout 1:

5 rounds

- 1 min plank
- 20 flutter kicks each leg
- 20 side crunches each side

Workout 2:

4 rounds

- 10 leg raises center
- 10 leg raises left side
- 10 leg raises right side
- 20 Russian twists each side
- 20 penguins each side
 - To make workout easier, bend knees on leg raises
 - To make workout harder, add ankle weights or hold weight above your chest

Workout 3:

Plank pyramid with 1 minute rest between each working set

- 1 minute plank
- 2 minute plank
- 3 minute plank
- 2 minute plank
- 1 minute plank
 - To make workout easier, start with a shorter time and work up or hold plank from the knees
 - To make workout harder, start with a longer time and work up or add weight on back

Workout 4:

3 rounds

- 10 Plank with Alternating Superman's
- 10 Crab Toe Touches
- 10 Plank to Kick through
- 10 Side plank to side crunch

Workout 5:

3 rounds

- 20 Scissor kicks
- 20 Reverse crunches
- 10 Plank side rotations
- 10 Side leg raises

Workout 6:

2:1 Work Rest Ratio, 1 minute work: 30 seconds rest

3 rounds

- Standing Knee to Elbow
- Standing side leg raises
- High knees

Cardio 1:

2 mile steady run

Cardio 2:

2-3 rounds

90 seconds hard

30 seconds easy

60 seconds hard

30 seconds easy

30 seconds hard

30seconds hard

Cardio 3:

4-6 reps of 400 hundred meter sprints

Cardio 4:

Run 200 meters

Walk 200 meters

Repeat 6-8 times