

200 AB EXERCISES

VIDEO INSTRUCTION

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Abdominal Pulley
 Anti-Rotational Cable Crunch
 Back Extension - Basic
 Back Extension with Weight Variations
 Ball Exchange with swiss ball or fitness ring
 Bicycle Crunches
 Bird Dog Exercise
 Bosu Ball Ab Curl
 Bosu Ball Advanced Bicycle Crunch
 Bosu Ball Advanced Crunches
 Bosu Ball Basic Crunches
 Bosu Ball Cross Body Knee Tuck Plank
 Bosu Ball Crunches with Feet Up
 Bosu Ball Flutter Kicks
 Bosu Ball Knee Tucks

Bosu Ball Kneeling Ab Crunch
 Bosu Ball Leg Raises
 Bosu Ball Lower Abdominal Leg Scissors
 Bosu Ball Moving Side Plank with Elbow
 Bosu Ball Oblique Crunches with Knee Tuck
 Bosu Ball One-Legged Crunches
 Bosu Ball Plank
 Bosu Ball Plank Full/ One Leg (Hard Side)
 Bosu Ball Plank Full/ One Leg (Soft Side)
 Bosu Ball Plank with Knee Tuck
 Bosu Ball Reverse Crunch
 Bosu Ball Russian Twist
 Bosu Ball Side Crunches
 Bosu Ball Side Plank Isometric
 Bosu Ball Side Plank Leg Lifts

Bosu Ball Single Leg Planks (feet on ball)
 Bosu Ball Twisting Crunches
 Bosu Ball V-Holds With Arms
 Bosu Ball V-Ups
 Butterfly Crunch
 Cable Lift (standing)
 Cable Reverse Crunches
 Cable Romanian Side Bends
 Cable Side Bend (high pulley)
 Cable Wood Chop High to Low
 Core Board Plank
 Core Board Push Ups
 Core Board Push-Up with Knee Tuck
 Crunches
 Decline Leg Raises
 Decline Reverse Crunch
 Double Crunch

Downward Dog Leg Lift to Knee Tuck
 Dumbbell Pullover with Leg Raise and Crunch
 Dumbbell Side Bend
 Elbow/ Hand Plank to Side Plank Lift
 Extended Knee Raises on Captain's Chair
 Flutter Kicks
 Forearm Plan Balances
 Frog Crunch
 Frog Sit Ups
 Front Arm Roll Outs
 Front Roll-Out/Push-Up with Foam Roller
 Full Extensions with Medicine Ball
 Half Kneeling Cable Anti-Rotation Press
 Hanging knee raise
 Hanging Knee Raises Variations
 Hanging Leg Lifts
 Hanging Leg Raises

Heel Touchers
 High Medicine Ball Crunches on Stability Ball
 Hyper Extension Side Bends
 Inch Worm to Push Up
 Incline Crunch
 Incline Crunch Med Ball Reach
 Incline Oblique Sit Ups
 Incline Sit-Up
 Jack Knife Crunch
 Jack Knife Crunch (advanced)
 Kick Downs
 Knee Raises on a Captain's Chair
 Kneeling Cable Rotation
 Kneeling Crunch

Lateral Leg Lift
 Lateral Leg Lift on Bosu
 Leg Lifts with Weights
 Leg Pull-In with Dumbbell
 Leg Raise & Hip Lift
 Lying Chest Press
 Lying Leg Thrusts
 Medicine Ball Chest Pass & Overhead Throw
 Medicine Ball Chest Pass (against wall)
 Medicine Ball crunch with Knee-Ins (Suitcases)
 Medicine Ball Knee-Ins
 Medicine Ball Overhead Throw
 Medicine Ball Reverse Crunches
 Medicine Ball Side Throw

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