

# STRENGTH:LAB

## STRENGTH TRAINING

### POWER ABS - 30 DAYS, 10 Minutes/day

DAY: 2

CODE: ABS002

	Exercise	Sets	Reps	Weight	Time	Rest	Notes
Day 2 - Level 1	Burpees (Chest to Floor)	2	10		09:00 min		AMRAP
	Tuck Ups (Bent Leg Jackknife)	2	10				
	Plank Walkouts	2	10				
	Reach Thrus (Each Side) (Heel Taps)	2	10				Perform Each Side (Shoulders Up)
	Seated Single Leg Lifts (5/side)	2	10				Perform Each Side
Day 2 - Level 2	Burpees (Chest to Floor)	2	10		09:00 min		AMRAP
	V - Ups (Jacknifes)	2	10				
	Plank Walkouts	2	10				
	Reach Thrus (Each Side)	2	10				Perform Each Side (Shoulders Up)
	Seated Leg Lifts	2	10				Both legs together

### **Burpees**

1. Start in a standing position
2. Get your hands as close to your feet as you drop down.
3. Drop to the floor so that your chest and thighs touch the floor.
4. Jump your feet in.
5. Stand Up.
6. Jump up with your arms above your head.

### **To modify this movement:**

1. Place your hands on the ground.
2. Step one foot back, followed by the other foot.
3. Touch your chest and thighs to the ground.
4. Push yourself back up.
5. You can stand or jump up from this position.

### **To further modify if necessary:**

1. Place your hands on the ground in a push up position.
2. Briefly hold in a plank position.
3. Step your feet back in one at a time.
4. Stand up with your arms over your head to complete the movement.

The goal with any modification is to increase your strength to the point that you are doing the original movement as prescribed without any modification for full benefits of the exercise.

### **Tuck Ups - Level One movement**

1. Start in the Hollow Body Position.
2. Bring your knees into your chest. Arms following through the movement.
3. Return to the Hollow Body Position with your arms over your head.
4. Note, when you are in the tuck position, you are sitting on your hips and not your back. Everything is engaged.

### **V Ups - Level Two movement**

V-Ups are important because they are an extension of the hollow hold I taught you earlier to further build your core strength.

1. Start in the hollow hold position.
2. Keep your legs straight and bring your toes up, while at the same time lifting your upper body touching your fingers and toes together at the top forming a V with your body.
3. Your head stays straight with your chin tucked in.
4. After your toes and fingers touch at the top return back and repeat the movement.

### **Plank Walkouts**

This movement is essentially the same for both Levels. The only difference is the degree in how far you walk your hands out.

1. Start in the push-up position on your hands.
2. Core is nice and engaged.
3. There should be a straight line from your shoulders, to your hips, to your heels.
4. Slowly walk your hands out.
5. Once you have walked your hands out, slowly walk them back in to your starting position.
6. If you feel your hips sag, limit the range of motion you are using.

The stronger you are, the farther out you will be able to walk your hands.

### **Reach Thrus**

1. Start flat on your back with your feet flat on the floor.
2. Lift your shoulders off of the floor, but keep your back **flat to the ground**.
3. Hands are hovering above the ground.
4. Tap one heel by leaning to the side.
5. Tap the other heel.
6. Continue to alternate, trying to get as close to your heel as you can.

You will feel your abs working here, particularly your obliques.

### **Seated Leg Lifts**

Seated Leg Lifts to Strengthen Your Core and Hip Flexors.

1. Sit on the floor, back straight, legs straight out.
2. Place your fingertips on the ground. The further down your legs you place your fingers, the harder the exercise becomes.
3. Lift and then lightly tap one leg to the ground.
4. If this movement is too easy for you, you are a Level Two. For this exercise, you will lift both legs at the same time. Again, adjusting the placement of your hands further down your legs to increase d