

MID SECTION MAGIC

Presented by Stephanie Materazzi

How to work the Abs

- ALWAYS include a warm-up (walking or calisthenics). The purpose of the warm up is to prepare your core and reduce the risk of injury.
- Work all muscles at various angles. Keep the work out balanced. Work the upper abs last.
- Pay attention to the FORM. Repetitions of 8-12 for 1-3 sets.
- ALWAYS include a cool-down. This is often overlooked. A cool-down stretches the worked areas, increasing flexibility and expediting recovery.

Exercises

Plank – elbows under shoulders, on knees or toes, keeping the torso straight. (Total Core)

Bird Dog Pose – place hands under shoulders and knees under hips, extend one leg straight back and opposite arm straight out, balancing on opposite hand and knee. (Stabilizing)

Lower Back:

Bridge – on back with arms at sides, lift hips with knees 90 degrees. (Enhance - balancing on one leg)

Superman – Laying on stomach with arms forward, simultaneously lift upper body and legs of the floor (Keep Legs straight) (Hold in the up position for stabilization)

Swimmer - Laying on stomach with arms forward, simultaneously lift opposite arm and leg of the floor, hold for 2 seconds, return to floor and switch sides.

Obliques:

Side plank – on side, elbow under shoulder, bent knees or straight legs, Lift hips off the ground

Penguin – Lay on back with knees flexed, feet on the floor, and arms at sides. Lifting shoulders off the floor squeeze the obl. by reaching for the right heel, return to the center with shoulders still lifted, and reach for the left heel. (Modification – support neck by placing hands at the base of the head; Enhance – reach for inner foot)

Bicycle – Laying on back, knees 90 degrees, hands at base of head; twist left elbow across torso to right knees while extending left leg long, return to start position and change sides. (Enhance- lower the extending leg perfectly straight)

Abs:

Vacuums – believed to “hallow” the transverse abdomen; on knees, contract the abs in for 30 second increments with an inhaled breath. (Enhance – hold for a minute)

Pelvic tilt – Lay on back, knees bent tilt the pelvis forward and back while keeping the lower back on the floor.

Butterfly crunch – Laying on back, place soles of ft. together, pulling ft. in with knees down and hands at the base of the head; lift shoulder blades of the floor. (Enhance – Lift legs)

Toes to Ceiling – Lie on back, legs up to ceiling as straight as possible, arms straight up over the shoulders; reach for the toes lifting the shoulders of the ground

Leg lifts – Laying on back, hands under hip with legs 90 degrees; on exhale lift legs and softly return to the floor. (Enhance – Straighten legs)

Cool-down

- On Back arms overhead and legs straight.
- Knees to Chest
- Knee cross over
- Cobra
- Childs pose – childes pose with obl. stretch
- Cat/Cow
- Single leg obl. stretch