

SUPERSET – ABDOMINAL WORK

These two ab exercises done back to back with out rest (i.e. superset) will surely get your abs burning!! Some things to keep in mind as you are doing them:

1. If you have lower back issues, keep your legs bent when you come up into the V up. If you cannot come up all the way in the beginning, just do what you can. You will get stronger and eventually be able to come all the way up in a V.
2. Do NOT pull on your head or neck as you do the Reverse crunches. As an option, keep your legs straight and instead of lifting towards your elbows, drive your heels towards the ceiling. (keep hands under your butt for lower back support)

A. Ab V-Ups



B. Reverse Crunches



Protocol: 2 supersets — 15 reps + 15 reps

Target Muscle(s): Abs (All), Lower Abs

- (A) Do **15 V-Ups**. Lie flat on the floor and raise your legs/arms straight up to form a “V”. Touch your toes if possible.
- (B) Immediately bend your knees and do **15 Reverse Crunches**. Squeeze your lower abs at the top of every rep.

Note: Abs are not made in the gym, they are made in the kitchen. So watch your diet. Doing these alone will not yield a 6-pack! And don't work your abs every day. Like all muscles, they need a rest between workouts.

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