

WEEK 6: AB CHALLENGE

For Week 6, you have an Ab Challenge. Do the specified ab exercise each day, and log your daily progress as you go. Just like the Squat/Push-up challenge in week 4, do at least the amount of each exercise listed, but challenge yourself to do as many sets as you can each day.

How many of each did you complete?

Which was your favorite exercise to do?

AB CHALLENGE

Day 1: crunches: 10 sets of 10. Lie down on your back. Plant your feet on the floor, hip-width apart. Bend your knees and place your arms across your chest. Contract your abs and inhale. Exhale and lift your upper body, keeping your head and neck relaxed. Inhale and return to the starting position.

Day 2: planks/bridges: 2 sets 20 seconds, 2 sets 15 seconds, 3 sets 10 seconds Place your forearms on the floor, elbows under your shoulders and forearms touching the ground straight out in front of you. Bring your feet back so your body is extended straight and only your toes are touching the ground. Hold this position for at least 15 seconds at a time, as many times as you can

Day 3: flutter kick/scissor kick: 2 sets 15 seconds, 2 sets 10 seconds, 3 sets of 5 seconds. Lie on your back with your hands flat underneath your butt for stability, and your legs lifted slightly off the ground, so your heels are no longer touching. Alternate raising your legs up and down, making sure to keep your heels from touching the ground at all times.

Day 4: mountain climbers: 10 sets of 10 Start in a High Plank position (how you would start a push-up). Bring your right knee into your chest as far as you can, then rapidly push it back to its start and bring the other knee in. Continue this motion quickly, alternating legs, and taking care to keep your body as flat as possible as your legs move.

Day 5: Russian twists: 5 sets of 20 on each side Sit on the floor and bring your legs out in front of you with slight bend in the knees. Hold your hands together in your lap, lean back slightly and lift up your legs so your torso and legs form a V-like shape. Balancing here without moving your legs, twist your torso from side to side and tap your clasped hands to the ground beside you as you twist.

Day 6: bicycles: 5 sets of 20 Lie on your back in crunch position on the ground. Put your legs up in the air with your knees at a 90 degree angle, calves parallel to the ground. As you bring your head and shoulders up to do a crunch, pump your legs in their position like you're riding a bicycle and bring your opposite elbow to your opposite knee on one side then the other, over and over.

Day 7: dead bug: 10 sets of 10 each side. Lie flat on your back with your arms held out in front of you pointing to the ceiling. Then bring your legs up so your knees are bent at 90-degree angles. Slowly lower your right arm and left leg to the ground at the same time, exhaling as you go. Keep going until your arm and leg are just above the floor, being careful not to raise your back off the ground. Then slowly return to the starting position and repeat with the opposite limbs.