

Strength Training Exercises

Character is what you do when none is looking!

Strength Workouts alternated between the Hard Core and 6 pack workouts.

Do 5 days a week

HARD CORE PLANK ABDOMINAL CIRCUIT

BEGINNER

- 1 [SUPERMAN: 10 reps, hold for 3 sec](#)
- 2 [BRIDGE: 10-12 reps, hold for 5-10 sec](#)
- 3 [METRONOME: 10-12 reps on each side](#)
- 4 [SIDE LEG LIFT: 30 reps slowly for each leg](#)
- 5 [PRONE PLANK LIFT: 10-12 reps, hold for 15-20 sec](#)
- 6 [SIDE PLANK: hold 30-60 sec](#)

*FINISH W/ 20 PUSHUPS

ABDOMINALS CIRCUIT- 6 PACK

- 1 1/4 SIT-UP 30-50 reps
- 2 CRUNCHES 30-50 reps
- 3 CRUNCHES W/ TWIST RIGHT & LEFT 30-50 reps
- 4 [V-UPS 15-30](#)
- 5 [LEG LIFT side behind. 15-30](#)
- 6 [BACK HYPERS W/ SHOULDER SHRUG 30-50](#)

ADVANCED

- *LIFT BOTH ARMS AND LEGS AT THE SAME TIME
- *STRAIGHTEN ONE LEG WHEN HIPS ARE UP
- *KEEP YOUR LEGS STRAIGHT
- *LIFTING LEG 4" BEHIND BOTTOM LEG
- *EXTEND THE TIME YOU HOLD THE LIFT
- *LIFT THE TOP LEG or BALANCE ON YOUR HAND

STABILITY BALL CORE ROUTINE

- 1 [Oblique twists on ball 2 sets 30](#)
- 2 [push - ups on ball](#) 2 sets of 20
- 3 [2 leg squats w/ ball against wall 2 sets of 15](#)
- 4 [sit - ups on ball 2 sets of 30](#)
- 5 [lunges w/ one leg on a ball 2 sets of 30](#)