

CHARLIES AB'S

Charles Ab's is a series of 16 exercises/movements to work the core. Each exercise is done for 10 reps - or a total of 160 movements. As soon as you are done with one exercise - move right into the next exercise on the list. The goal is to not put your feet on the ground - except for the 2 movements that require you to have your feet on the floor. The rest of the time - maintain your feet off the ground and work to keep moving.

10 Crunches - feet flat - legs at bent



10 Crunches - legs at 90 Degrees



10 Crunches - legs straight up in air



10 Cross-Over Crunches to the Right - feet flat



10 Cross-Over Crunches to the Left feet- flat



10 Cross-Over Crunches to the Right- legs at 90 degrees



10 Cross-Over Crunches to the - Left - legs at 90 degrees



10 Cross-Over Crunches to the -Right - legs straight in the air



10 Cross-Over Crunches to the Left - legs straight in the air



10 Toe Taps - legs straight in the air



10 "V" Reach Throughs legs straight in air - forming a "V"



10 "V" Leg Outs & Ins legs 8 inches off ground - ft apart & together



10 Right Knee touches with both hands legs 6-8 inches off the ground



10 Left Knee touches with both hands legs 6-8 inches off the ground



10 Leg Kicks - 12 inches off ground do "swimmer kicks" - right & left is "1"



10 Scissor Kicks -12 inches off ground right over left, left over right is "1"

