ABS Week

1. **Toe Touches x 1 minute**: Lie on your back, (weight optional, held above chest with arms straight and legs straight up in the air). Using your abs, reach towards your toes with the ball. Return to start position and repeat.

2. **Russian Twist x 1 minute**: Sit with knees bent and feet crossed. Optional to lift feet off the ground. Twist your upper body to move both arms to the outside of one hip. Repeat, moving from side to side.

3. **Extended Arm Plank x 30 seconds**: Start in push up position with hands under your shoulders. Hold the position, keeping abs tight and weight over your shoulders the whole time.

4. **Modified Side Plank x 1 minute**: Lie on your side with bottom leg bent and top leg straight. Using your elbow for support, lift your body, hips and upper thighs off the floor and hold. Keep abs tight. Change sides halfway through.

5. **Side Leg Lifts x 1 minute**: Lie on one side with forearm and elbow supporting your upper body, legs straight. Squeeze your abs in tight and lift both legs as far as you can off the floor. Lower down and repeat.

6. **Rollups x 1 minute**: Lie on your back with legs straight and arms extended behind your head. Squeeze your abs and inhale as you raise your arms up to the sky. Exhale as your roll your body up off the mat. Reach toward your toes. Slowly roll back down, keeping abs tight.

7. **Cobra Stretch x 30 seconds**: Lie on your stomach with elbows bent and hands under your chest. Lift your head, chest, and rib cage and look ahead. Lower down.

8. **Upward Facing Dog x 30 seconds**: Lie on your stomach with elbows bent and hands under your chest. Lift your head, upper body, hips, and thighs off the floor. Look up to the ceiling. Come back down.

9. **Cat-Cow**: Kneel on all fours. Lower your head and arch your back like a cat. Drop your back into the opposite bend and raise your head. Straighten up and repeat.

10. **Pretend Jump Rope x 1 minute**: Like you’ve got a jump rope in each hand, lightly jog around your space, staying on the balls of your feet and swinging your arms.

11. **Modified Burpee x 30 seconds**: Start in push up position with both hands below your chest. Step one foot up by the same hand. Step the other foot up, keeping hips low and chest up. Stand up. Squat back down so your hands touch the floor again. Step one foot back, then the other. Return to the push up position and repeat.

12. **Modified Push Ups x 1 minute**: Kneel with your hands out in front of you. Bring your hips forward to shift the weight over your shoulders. Lower your body towards the floor so that your elbows make a 90-degree angle. Push back up.

13. **Hip Lifts x 1 minute**: Lie on your back with knees bent and heels below your knees. Lift your hips as high as you can, squeezing your butt. Lower and repeat.