



## Muscle Group: Abdominal

### Machine Exercise: Bench Sit up



Use the handle to adjust the slope of the bench.



Lay down on the bench with both arms crossed on top of the chest. Make sure the legs are strapped in.



Use your abdominal muscles to lift your upper body towards the legs.



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### Machine Exercise: Leg Raise



Use the step to stand up with your back against the back pad and your arms and elbow resting on the arm pads.



Lift your feet off the steps and keep them hanging straight downwards



Pull your legs up towards a 90° angle with the body while flexing your abdominals.

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### Free Weight Exercise

#### Yoga Mat Sit Up



Lie down on the floor placing your feet either under something that will not move or by having a partner hold them. Your legs should be bent at the knees.



Elevate your upper body so that it creates an imaginary V-shape with your thighs. Breathe out when performing this part of the exercise.

#### BOSU Ball Sit Up



Lie down on a BOSU Ball placing your feet either under something that will not move or by having a partner hold them. Your legs should be bent at the knees.



Elevate your upper body so that it creates an imaginary V-shape with your thighs. Breathe out when performing this part of the exercise.

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### Free Weight Exercise

#### Exercise Ball Sit Up



Lie down on a stability ball placing your feet either under something that will not move or by having a partner hold them. Your legs should be bent at the knees.



Elevate your upper body so that it creates an imaginary V-shape with your thighs. Breathe out when performing this part of the exercise.

#### Exercise Ball Jackknife



Place your lower shins on top of an exercise ball. The upper body should be in a push-up type of position being supported by your two extended arms in front of you.



While keeping your back completely straight and the upper body stationary, pull your knees in towards your, allowing the ball to roll forward under your ankles.





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### Free Weight Exercise

#### Exercise Ball Torso Rotation



Lie on an exercise ball with your shoulder blades pressed against the spherical surface of the ball. Extend your arms straight out in front of you.



Rotate your torso to one side, keeping your eyes on your hands as you move. Now, rotate back to the opposite direction.