

# Fab Abs



ABS

## The Classic

Lie on your back with your knees bent and put your arms straight up towards the ceiling. Look towards the ceiling and curl up and tap your knees. Then return to starting position and repeat. A good set would be 50 to 100 crunches.



## The Air Bike

Lie on your back and put your hands behind your head. Raise your legs so your thighs are perpendicular to and your lower legs are just above parallel to the floor. Curl up and bring your left elbow toward your right side while drawing your right knee in to meet it. Alternate sides, continuing the motion back and forth. A good set would be 25-50 rotations.



## Alternate Knee Touches

Get into crunch position but position your arms and eyes so that they point toward your knees. Crunch up and touch your right knee, then switch to your left knee then back to the center and down. A good set would be 25-50 reps (remember touch each heel once equals one rep)



## Bent-Knee Hip Raise

Outstretch your hands to your sides with your knees bent at a 60 degree angle and your feet off the floor. Using your lower abs, roll your hips up toward your belly button and raise your hips off the floor. Your knees should be over your chest. Squeeze your abs and then return to starting position slowly. You can straighten your legs to make it harder or wear ankle weights. A good set would be 25-50 reps.



# Weekly Activity Log

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Aerobic:</b>	<b>Aerobic:</b>	<b>Aerobic:</b>	<b>Aerobic:</b>	<b>Aerobic:</b>
<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope	<input type="checkbox"/> Jump rope
<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports	<input type="checkbox"/> Ball Sports
<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk	<input type="checkbox"/> Fast walk
<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Jumping jacks
<input type="checkbox"/> DDR	<input type="checkbox"/> DDR	<input type="checkbox"/> DDR	<input type="checkbox"/> DDR	<input type="checkbox"/> DDR
<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming	<input type="checkbox"/> Swimming
<input type="checkbox"/> Bike	<input type="checkbox"/> Bike	<input type="checkbox"/> Bike	<input type="checkbox"/> Bike	<input type="checkbox"/> Bike
<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside	<input type="checkbox"/> Play outside
<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video	<input type="checkbox"/> Exercise Video
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
<b>Strength:</b>	<b>Strength:</b>	<b>Strength:</b>	<b>Strength:</b>	<b>Strength:</b>
<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Push-ups
<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches	<input type="checkbox"/> Crunches
<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs	<input type="checkbox"/> squats/ stairs
<input type="checkbox"/> Weights	<input type="checkbox"/> Weights	<input type="checkbox"/> Weights	<input type="checkbox"/> Weights	<input type="checkbox"/> Weights
<input type="checkbox"/> Stability	<input type="checkbox"/> Stability	<input type="checkbox"/> Stability	<input type="checkbox"/> Stability	<input type="checkbox"/> Stability
<input type="checkbox"/> Ball	<input type="checkbox"/> Ball	<input type="checkbox"/> Ball	<input type="checkbox"/> Ball	<input type="checkbox"/> Ball
<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band	<input type="checkbox"/> Thera-band
<b>__Stretch</b>	<b>__Stretch</b>	<b>__Stretch</b>	<b>__Stretch</b>	<b>__Stretch</b>
<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT	<input type="checkbox"/> QUICK-FIT

## The Weekend

Stay active during the weekend with fun activities like Walking at the mall with some friends, going bowling or mini-golfing, heading to the pool or taking a yoga class. Keeping active on the weekends is just as important being active during the week. Your brain may get two days off, but your body is still on the clock!

