

Simply Anywhere Stomach Workout



Perform 10 (intermediate) or 15 (advanced) repetitions of each exercise for 3-5 rounds

30sec break in between sets

Rest for 1 minute in between rounds

Exercises	Technique / Tips	Muscle Group Worked	Progression / Regression
Plank Hold	<p>Place your elbows and feet shoulder width apart and hold your bodyweight on your forearms and toes.</p> <p>Squeeze your stomach and glutes to keep your back and neck straight</p> <p>Keep your weight over your shoulders through your elbows</p>	Mid Stomach	<p>Progression – Decline Plank – Place feet on sofa/ chair</p> <p>Regression – Place feet wider apart or Drop to one knee for half reps</p>
Seated Russian Twists	<p>Place both feet shoulder width apart in a seated position</p> <p>Lean backwards keeping your back straight and chest up</p> <p>Rotate from left to right using your hands in a controlled twisting movement</p>	Obliques (side stomach)	<p>Progression – Take your feet off the floor for less stability</p> <p>Regression – Reduce your range of movement when twisting</p>
Raised Straight Leg Crunches	<p>Laying on your back place your legs straight in front of you in the air, feet together</p> <p>In a slow controlled movement, raise your shoulders off the floor and take your hands to your feet.</p> <p>Squeeze your stomach as your raise your shoulders off the floor, slowly lower to start</p>	Lower Stomach	<p>Progression – Hold for 3s when hands meet feet</p> <p>Regression – Lower feet to floor perform normal crunch or reduce shoulder range of movement</p>
Dead Bugs	<p>Lay on your back with both arms in the air in front of your chest and legs raised, bent at the knee.</p> <p>Slowly lower one arm and the opposite leg e.g. Right arm, left leg to the floor</p> <p>Return to centre and repeat on other side</p>	Obliques	<p>Progression – Hold for 3s when hands and feet are lengthened</p> <p>Regression – Reduce movement by using jut arms or just legs</p>
V-Crunch	<p>In a seated position lean backwards with your back straight and arms straight on the floor and legs straight out in front of you</p> <p>Bring your knees and upper body together to meet in the middle of the exercise squeezing your stomach when closest together</p> <p>Slowly lengthen your legs back out and lean back in seated position.</p>	Mid Stomach	<p>Progression – Lean further backwards increasing range of movement</p> <p>Regression – Drop legs to floor after each rep completed</p>
Mountain Climbers	<p>Start in a straight arm, straight leg plank hold position, keeping your back straight</p> <p>Bring on knee at a time up towards your chest whilst keeping your hips in line with back</p> <p>Return to centre and repeat using other leg</p>	Obliques + Mid Stomach	<p>Progression –</p> <p>Regression –</p>

*Make sure you perform a thorough warm up & cool down pre and post every workout you complete!
Ensure you are positioned in a safe environment with enough room to complete the exercises.