

10-Minute Abdominal Circuit Program

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In our training programs at StrengthCoach.com we want to pay particular attention to your CORE of your body- the abdominal and low back muscles. A strong core allows for more stability during movement, better transfer of power from the lower body, and more efficiency during athletic activity. All of these areas are vital in athletics and in you reaching your peak performance. Strong abs will also facilitate breathing during vigorous activity. We strengthen the core of the body by doing total body lifts and performing the Abdominal Circuit Program.

Abdominal Circuit Program

The Abdominal Circuit is a progressive workout that encompasses both the abdominal and low back muscles. The Circuit should be followed in the order it's presented. Each exercise is described in detail and has an accompanying animation to clarify the explanation. Perform each exercise for 1 minute, rest 30 seconds, and then progress to the next exercise. Complete the Abdominal Circuit Program 3-4 times weekly.

Bicycles

- Position: Lie on your back. Flex your left hip and knee to 90 degrees and the right leg straight. Your shoulders will be slightly off the floor and place your hands behind your head.
- Movement: Extend the left knee while simultaneously driving the right knee in the opposite direction toward the shoulder. Tap your right knee with your left elbow. Immediately repeat toward the other side. Repeat for 1:00 minute.

Toe Touches

- Position: Lie on your back and your legs straight up in the air (perpendicular to the floor). Extend your arms toward your feet.
- Movement: Keeping your hands together crunch your abs and raise your upper body and reach for your feet. Touch your toes and slowly return to the starting position. Repeat for 1:00 minute.

Roll Back Isolate

- Position: Lie on your back and knees bent at 90 degrees. Your feet will start on the ground. Place your hands behind your head or to your sides.
- Movement: Isolating the lower abs, pull your legs back to your shoulders and simultaneously lifting the pelvis toward the ceiling. Control the contraction, slowly lowering the pelvis back down to the starting position. Do not raise your shoulder blades off the floor at any time during the exercise. Repeat for 1:00 minute.

Butterfly Curl-Ups

- Position: Lie on your back and place the soles of your feet together and as close to your buttocks as possible. Lower your knees toward the ground while tilting the head back and focusing your eyes up. Place your hands behind your head but don't pull your neck.
- Movement: Contract your upper abs to lift your shoulder blades approximately 30 degrees off the floor. Hold the top position for a moment before slowly and under control returning to the start position. Repeat for 1:00 minute

Oblique Crunches

- Position: Lie on your back. Place your right foot flat on the floor and put your left foot across your right knee. Place your right hand behind your head, your left arm to your side and your shoulders on the floor.
- Movement: Squeeze your abs and twist to touch your right elbow to your left knee. Hold the position for a moment before slowly and under control returning the start position. Repeat for 1:00 minute. Rest :30 seconds and repeat with the other side.

Back Crunches

- Position: Lie on your stomach with your hands on the side of your head.
- Movement: Contract the low back and gluteal muscles. Your upper body will lift up so your chest is 3-4 inches off of the floor. Hold this position for a moment before slowly returning to the starting position. Repeat for 1:00 minute.