



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Abdominal Strength & Endurance #2

(Intermediate)

Strength and Endurance #2

(Intermediate)



Leg Pull-In



Mountain Climber



Reverse Crunch



Side Plank



Russian Twist



Cross-over Crunch



Bridge

WARM-UP:

30 sec: Jump Rope

5 min: Walk/Jog on track

ABDOMINAL BASICS: Repeat 2-3X

15 reps: Leg Pull-ins

20 sec: Mountain Climbers

15 reps: Reverse Crunch

30 sec: Side Plank Left side

30 sec: Russian Twist

30 sec: Side Plank Right side

30 reps: Cross-over crunch (15 per side)

15 reps: Bridges

COOL-DOWN/FLEXIBILITY:

Glute Stretch

Torso Stretch

Calf Stretch

Butterfly Stretch

Hamstring Toe Touch Stretch

Arm Stretches

Oblique Side Stretch

Cat-Cow Stretch

Quadriceps Stretch

WORKOUT TIPS:

- Always do the exercises with slow and controlled movements. Breathe through each repetition.
- Take about a 60 second break between sets to allow your muscles to recover.
- You can repeat strength exercises 2-3 times per week but make sure to always have a day between.