



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**



# **Abdominal Strength & Endurance**

**(Basic)**

# Abdominal Strength & Endurance

## (Basic)



Standing Side Crunch



Crunch



Plank



Superman



Heel Touch



Toe Touch



leg Raise

### WARM-UP:

5 min: Walk/Jog on track or cardio machine\*

### ABDOMINAL BASICS: Repeat 2X

15 reps: Standing Side Crunch-Right side

15 reps: Standing Side Crunch-Left side

15 reps: Crunches

**30 sec: Plank**

**30 sec: Superman**

**30 sec: Heel Touches**

**30 sec: Toe Touches**

10 reps: Leg Raises

### 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.

\* Use of cardio machines allowed only for youth ages 10+ after completion of youth orientation.