**Bent Leg Wall Sit Ups**

![Image of bent leg wall sit ups]

Lie on floor with your feet flat against a wall. Bend your knees at a 90 degree angle. Put your hands behind your head and lift your upper body until your elbows reach your knees. Alternate your right elbow to left knee and your left elbow to right knee. Return your back flat to the floor. This is one rep.

**Straight Leg Wall Sit Ups**

![Image of straight leg wall sit ups]

Lie on the floor close enough so that your legs and buttocks are next to the bottom of the wall. Extend your arms behind your head and reach to full extension over the top of your head, touching your toes/ankles. Touch as high as possible, keeping your lower body and legs against the wall.
**Floor Sit Ups**

![Image of floor sit ups]

Lie on the floor with your hands behind your head. Bend your knees so that your feet can be flat on the floor. Lift your upper body as high as possible off the floor, keeping your hands behind your head. Try to touch your elbows to your knees. Return slowly, resisting on the way back down.

**Floor Crunches**

![Image of floor crunches]

Lie on the floor with your hands behind your head. Lift your feet off the floor to at least a 90 degree angle. Lift your upper body as high as possible, keeping your hands behind your head. Touch your elbows to your knees. Return slowly, keeping your abdominals tight.
Jackknives

Lie on the floor with your hands and feet extended. **Explode** your upper body and legs at the same time to touch your toes/ankles.

Hip Ups

Lie on the floor with your arms extended behind your head. Lift your legs and hips to the sky, keeping your feet in line with the ceiling (flat feet at 90 degrees to your legs). Return slowly. Minimize the movement of your legs and focus on raising with your hips.

Leg Hugs

Lie on the floor with your hands and feet to full extension. From that position, move into the floor crunch position by lifting your upper body and lower bodies simultaneously. Touch your elbows to your knees, then return slowly. Don’t allow your feet to touch the floor.
**Trunk Twists**

Start by lying on the floor with your legs at the side of your body and both your shoulders touching the ground (1st picture). Use your arms for balance. Slowly lift your legs from one side of your body to the other, touch the ground, then return to the other side. From the starting position to the opposite side and back to the starting position is a single rep.

**Bicycles**

Lie on the floor, extending both legs off the floor. Alternate sides, lifting your elbows to touch your opposite knees, right elbow to left knee and left elbow to right knee.

**Seated Twists**

Sit on the ground with both of your feet touching the floor. Lean back to resistance. Twist from side to side, maintaining resistance, and touch the ground. Optional: Use a basketball or a volleyball to hold and touch the ground. Medicine balls help increase the difficulty and also allow you to get more from this exercise.
**Iso Holds (Planks)**

Lie face down on the floor. Hold your body on your forearms and toes. **Keep your core tight and hold.** Hold for the amount of time required, then switch and hold on your side (pictured above), **keeping your core tight**, and hold for the amount of time required. Switch to the opposite and hold there for the amount of time required as well.

**Back Raises**

Lie on the ground and clasp your hands on your lower back. Lift you upper body off the ground to tolerance, then return slowly. Keep your feet on the floor.

**Superman’s**

Lie fully stretched out on the floor, stomach down. Lift your legs and arms into full extension. Focus on moving with your lower back.
Bridges

Lie on the ground, back down. Lift your torso up by resting on your shoulder blades and your heels (keep your feet flat on the ground). **Keep your core tight and hold for the required time.** Push through your heels.