

## **Abs Like Krav**

### **Presented By:**

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**Emphasis:** Abdominal workout

### **Circuit**

1. Bicycles
  - a. Hands on ground
  - b. Hands off ground
2. Twists
  - a. Add medicine ball for increased intensity
3. Planks
  - a. Progress to plank-ups, or spiderman planks for intensity
4. Upward Dog/Child's Pose
5. Standing Oblique's
  - a. Add dumbbells for increased intensity
6. Crunchy Butterfly
7. Back Extensions
  - a. Add medicine ball

**Time at each station:** 60 seconds

**Number of people per station:** 3

**Station change signal:** Whistle

**Recommended number of circuit:** 2 – 3

### **Safety concerns:**

- Stabilization of core to protect compensation of back muscles
- Don't use weight you aren't comfortable with
- Use mat to protect back