





















	Sit up variation	How do I do it?
1	Regular sit up (Arms on chest)	
2	Crunches	
3	Ins and outs	
4	V Sit	
5	Russian twists	
6	Side heel touches	
7	Straight arm/leg sit ups	
8	Bicycles	
9	Flutter kicks	
10	Sit up star jumps	
11	Circles (right)	
12	Circles (left)	
13	Sit up and jab	
14	Leg crossovers	
15	Sit up and hooks	
16	Sit ups and overhead punch	
17	Toe taps	
18	Alternate leg raises	
19	Toe touches	
20	Leg raises	

	Plank variation	How do I do it?
1	Low plank	
2	High plank	
3	Side plank (left)	
4	Side plank (right)	
5	Mountain climbers	
6	Low spiderman	
7	High spiderman	
8	Up-down high plank	
9	Shoulder tap plank	
10	Superman	
11	Plank jacks	
12	Knee to opposite elbow	
13	Leg raises	
14	Reverse plank	
15	Plank side taps	
16	Side leg lifts	
17	Glute bridge	
18	Superman lifts	
19	Back leg lift	
20	Side kick	