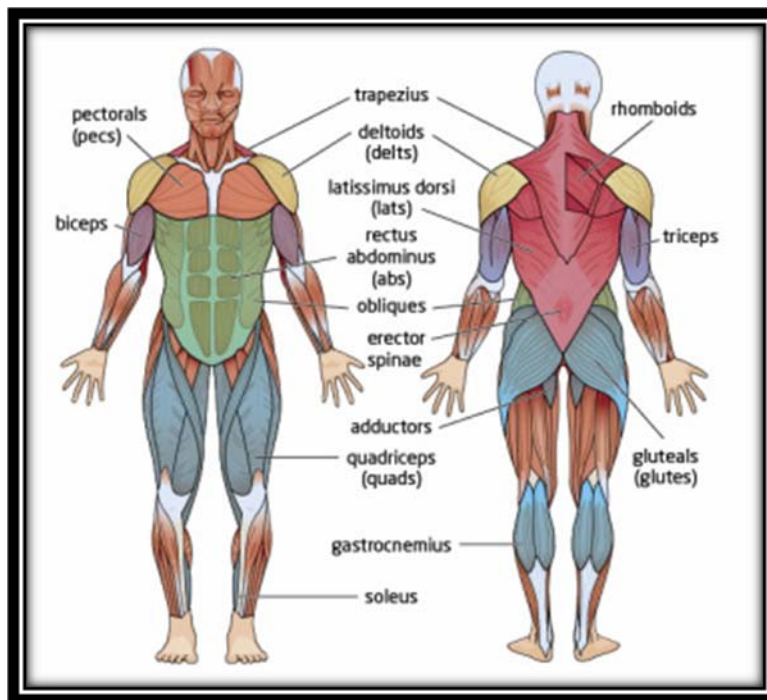


# ABS AND GLUTES

PRESCRIPTION: 2-3 SETS X 12-15 REPETITIONS X 15-30  
SECOND REST

ESTIMATED TIME: 30- 45 MINUTE



Picture found at: <http://www.what-is-fitness.com>

# Abs and Glutes

**Goal:** Muscle Endurance

**Work Load:** 2-3 sets X 12-15 repetitions X 15-30 second rest

## Warm-up:

1. Jog 2 minutes on the track or treadmill. Jog at a moderate pace. You should be able to hold a conversation with someone.
2. Perform some dynamic movements of the body: full range of motion in hips, knees, ankles, shoulders and wrists. Do not hold any stretches as it could hinder performance and cause injury.

## Workout:

1. Reverse Lunge: 2-3 sets X 12-15 repetitions X 15-30 seconds rest
  - a. Find an open area and use a set of dumbbells if needed.
  - b. Begin with feet hip width apart, feet pointing forward. Place your hands on your hips if you do not have weights or if you have weights, place your arms at your side. To begin, step backwards with your left foot and then lower your knee to the ground, but do not let it touch the ground. Focus on driving the heel of your front foot into the ground. Stand up and bring your left foot to the starting position. Remember to keep your abdominals and glute muscles contracted during the entire exercise. Alternate right and left legs, performing 12-16 repetitions total. Rest for 15-30 seconds between sets.



2. V- Swimmers: 2-3 sets X 12-15 repetitions X 15-30 seconds rest

- a. Use a mat and find an open area.
- b. Lie on your back with your hands under your buttocks and your legs straight out. When you are ready, lift your legs about 3-5 inches off the ground and keep them there. Open your legs to a “V” then bring them back to center. Next, perform a “swimmer” where you move your right leg up and your left leg down. Alternate, Right leg down and Left leg up. Think of it as small kicks just like you are swimming. One V and a cycle of swimmers equal one repetition. Perform 12-15 repetitions with 15-30 second rest between sets.



Start Position



“V” Position



“Swimmer” Position

3. Prone Leg Curl: 2-3 sets X 12-15 repetitions X 15-30 seconds rest

- a. Go to the prone leg curl machine. Select a weight that is moderate to heavy but you can do 8-12 repetitions.
- b. Place your ankles under the circular pad and lie on your stomach, face down. You can adjust the circular pad if needed based on height and comfort. The circular pad rotates to a high, medium and low position. It cannot be adjusted to be shorter. Flex your glutes and pull your ankles to your buttocks and then return to starting position. Be careful when lowering weights to avoid slamming the weights down. Perform 12-15 repetitions with 15-30 second rest between sets.



4. Reverse Crunches: 2-3 sets X 12-15 repetitions X 15-30 seconds rest

- a. Grab a mat and find an open area.
- b. Lie down on your back with your hands under your buttocks and your feet straight out. When you are ready, lift your legs 3-5 inches off the ground. Then pull your knees towards your chest area, your chest should stay on the mat. Then straighten your legs back out to starting position, but do not let them touch the ground. Perform 12-15 repetitions with 15-30 second rest between sets.



5. Plie: 2-3 sets X 12-15 repetitions X 15-30 seconds rest

- a. Find a free area and use dumbbells if needed.
- b. Begin by standing with your feet wider than shoulder-width apart and your toes pointed out. Lower yourself into a squat, going as low into the squat as you can without letting your knees move past your toes. Make sure to focus on pushing back with your glutes as if you are sitting in a chair. Doing this will help ensure that you contract your glutes and will also help keep your knees behind your toes. Perform 12-15 repetitions with 15-30 second rest between sets.





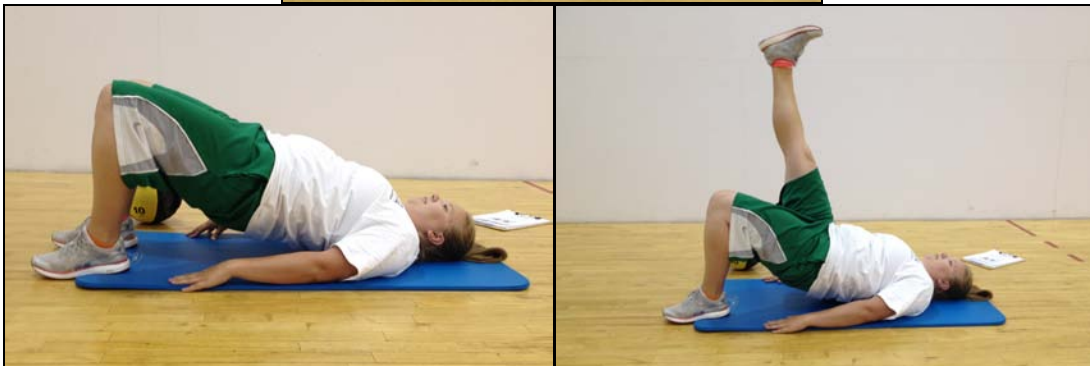
6. Froggies- Side to Side Oblique's: 2-3 sets X 12-15 repetitions X 15-30 seconds rest

- a. Use a mat and find an open area on the floor.
- b. Lie on your back with your legs criss-crossed (think back to your elementary days). Your hands should be at the side of your body. Keep your lower body stationary. Slide your right hand and touch your left foot and then return to center. Now, slide your left hand and touch your right foot keeping your lower body stationary. Focus on pulling each movement with your side abdominals and keeping your core area firm and contracted. Perform 12-15 repetitions with 15-30 second rest between sets.



7. One Leg Hip Thrusters: 2-3 sets X 12-15 repetitions X 15-30 seconds rest

- a. Use a mat and find an open area on the floor.
- b. Lie on your back with your arms at your side and your feet flat on the floor with knees bent. To begin, lift your hips towards the ceiling. At the top of the exercise, extend one leg. Make sure to keep your back and thigh in a straight line throughout the exercise. Then lower the leg and place the foot back on the ground while your hips are still in the air. Lower yourself back down to the mat. Repeat steps with the opposite leg. Perform 12-15 repetitions with 15-30 second rest between sets.



8. Bird-Dog: 2-3 sets X 12-15 repetitions X 15-30 seconds rest

- a. Position yourself on your hands and knees with hands under your shoulders and your knees under your hips. Contract your abdominals and begin by extending your right arm in front of your head and your left leg behind your buttocks. Hold this position for 2 seconds and then lower your arm and leg back to the all-fours position. Keep your spine straight and your abdominals engaged throughout this exercise. Now perform this exercise with your left arm and your right leg. Alternate. Perform 12-15 repetitions with 15-30 second rest between sets.



**Cool down:**

1. Great job! You did it! Now take a few laps around the track, either jogging or walking.
2. Stretch. Focus on your shoulders, biceps, upper and lower back, quads and inner thighs. Hold each stretch for 10-30 seconds.

<b>Abs and Glutes</b>			
<b>Exercises</b>	<b>Set 1</b>	<b>set 2</b>	<b>set 3</b>
Reverse Lunge			
V-swimmers			
Prone Leg Curl			
Reverse Crunch			
Plie			
Froggies			
Hip Thrusters			
Bird-dog			

<b>Abs and Glutes</b>
<b>Notes:</b>

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