

Descriptions:

- **Canadian Hedge:** Lie on your back with your legs straight up. Use your upper body and stretch your arms so you can touch your toes. Then back down to the starting position.
- **Baby Back lifts:** Lie on your stomach with your legs relaxed. Lifting the neck and upper back up, not too much back, and then dropping down again, up quickly, slowly down.
- **Back lift:** Lie on your stomach with your legs relaxed. Then lift your torso up. Quickly up, slow on the way down. Hold your arms out to the side and let them join the movement.
- **Bent leg crunch :** Lie on your back with your legs at 90 degrees. Do small crunches with fast up and slowdown.
- **Bicycle:** Lie on your back with your legs off the ground. Touch your right elbow to your left knee and switch (bicycles)
- **Bridge Lift:** Lie on the ground on its back and legs at 90 degrees. Then press the abdomen so the hips lifting off the ground. Possibly have the legs straight up. It is important that there is stomach pushing your hips up and not legs bumping close
- **Cherry pickers:** Lie on your back with your legs straight up. Roll up with and reach the opposite toe with your opposite hand. Switch sides every time down.
- **Cross backs:** Lie on your stomach with your legs straight out. Go up the upper body and stretch one arm backward while you bend opposite leg forward, so you can touch your toes.
- **Dragon tongue Situps:** Lie on your back with one leg 90 degrees and one leg stretched straight above the ground (don't let it touch). Do a regular situp. Then switch and continue.
- **Extended butt lift:** Lie on your back with your legs slightly off the ground. Keeping your upper body on the ground, lift up the legs until they are completely straight to the upright position. Add a little extra tilt at the end to get the spine up. Then down to start, but the legs will not touch the ground.
- **Fast up slow down situps:** Lie on your back with your at 90 degrees. Then lift your upper body up completely to the top, then down spending 5 seconds on the way down and quickly to the top.
- **Figure 4:** Lie on your back with one leg crossed over the other. Lift your upper body up at an angle toward the opposite knee, touch the knee with the elbow, and then down again.
- **Grabbern:** Lie on your back with your legs just above the ground and upper body lying on the ground. Pull your upper body and legs together, touch your toes. Then out again to the starting position. Legs should never touch down.
- **Mama Russia :** Lie on your back and have your legs at 90 degrees. Do a regular situp but wiggle back and forth as you do it.
- **Hello:** Lie on your stomach with your legs relaxed. Lift your upper body up at an angle to the opposite side as far as you can, and then slowly down again. Every other side
- **Mermaid:** Lie on your stomach with your upper body relaxed and your legs stretched out straight from the ground. Lift both legs simultaneously up and drop down without touching the ground.
- **Marit Bjorgen:** Feet on ball or in sling and roll forward and back.
- **Rolling plank:** from side plank right and roll controlled via the plank to plank left side and then back, slowly and controlled
- **Scissors:** Lie on your back with your legs just above the ground and upper body in upright position. Then spread your legs, then cross your legs, and then spread them again,

then cross them with the other leg over the top without moving your torso.

- **Seal:** Lie on your stomach with your legs relaxed and arms crossed on your back. Then go up the upper body to the right, down to the common position and then up to the left. You look like a seal that will have food, hence the name ;)
- **Side side situps:** Lying on your side lift your torso up , straight up sideways, and down.
- **Sidegrabbern:** Lie on your side with your legs twisted up at 90 degrees. Reach up and touch your toes on the side.
- **Sparkles:** Lie on your stomach with your arms and legs straight out. Commute up and down with arms and legs every time in fast motion .
- **Straight leg cross:** Lie on your back with your legs relaxed flat on the ground. Lifting the neck and upper back up towards one side and down again, every other side.
- **Upper Six Packen:** Lie on your back with straight legs. Lifting the neck and upper back up, not too much back, and then dropping down again, quickly up, slowly down. You are trying to work the top part of your epic six pack.
- **Teapot:** Stand upright with your left leg on the ground. Then stretch out your leg backwards and the upper body and arms forward so your body is in a straight line for about 45 degree angle to the ground. Then retreat into a small ball and then stretch out again.
- **Third Backups:** Lie on your stomach. Go up a $\frac{1}{4}$ then down, then $\frac{1}{2}$ then down then $\frac{3}{4}$ then down then full then down.
- **Thirds Situps:** Lie on your back and have your legs at degrees. Do a regular situp but divide it into parts. Go up a $\frac{1}{4}$ of a full situp then down, then $\frac{1}{2}$ then down then $\frac{3}{4}$ then down then full situp then down.
- **Windshield wipers** Lie on your back with your legs straight up. Go down with legs to one side and then straight back and over to the other side, like a windshield wiper.
- **Tipsy Airplane:** Grandma backups