

Rotation 1 (22min) (March/April)

Start with 10 minutes of abdominal exercises. Do 30 seconds on each exercise.

Abs:

1. Dragon tongue Situps (left)
2. Dragon tongue Situps (right)
3. Thirds Situps
4. Scissors.
5. Bent leg Crunches
6. Upper Six-Packen
7. Mama Russia
8. Fast up slow down situps
9. Straight leg cross
10. Figure 4(right)
11. Figure 4 (left)
12. Side sidesitups (right)
13. Side sidesitups (left)
14. Grabbern
15. Canadian Hedge
16. Extended butt lift
17. Windshield
18. Cherry pickers
19. Sidegrabbern (right)
20. Sidegrabbern (left)
21. Bicycle

Then 5 minutes back, 30 seconds on each exercise, 10 exercises

1. Cobra
2. Baby Cobra
3. Hello
4. Cross backs
5. Seal
6. Sparkles
7. Mermaid
8. Third Backups
9. Teapot (Right)
10. Teapot (Left)

5 minutes of plank

1. 1 min plain plank
2. 1 min Zombie Dog - lifting arm, then lift the leg , then lifting arm and leg simultaneously
3. 1 min right side, then lift top leg the last 30 sec
4. 1 min left side , then lift top leg the last 30 sec
5. 1 min Everest Mountain Climbers - plain plank with 5 knee to your elbow on each side (slow)

Rotation 2: (24min) (May/June)

12 exercises for 50 seconds, then 10 seconds rest

1. Upper Six-Packen
2. Fast up/slow down situps
3. Bridge Lift
4. Grabbern
5. Side Situps (Left)
6. Side Situps (Right)
7. Canadian Hedge
8. Butt Lift
9. Mama Russia
10. Crunch (fast up/slow down)
11. Teapot Left
12. Teapot Right

6 exercises for 50 seconds, then 10 seconds rest

1. Cobra
2. Topsy Airplane – Grandma backups
3. Mermaid – Let lifts
4. Seal
5. Sparkles
6. Third Backups

6 minutes of plank:

1. 1 min plain plank
2. 1 min Everest Mountain Climbers plain plank with 5 knee until your elbow on each side
3. 1 min right side, with leg lift the last 30 sec
4. 1 min left side, with leg lift the last 30 sec
5. 1 min Zombie Dog - lifting arm, then lift the leg, then lifting arm and leg simultaneously
6. 1 min plain plank

Rotation 3 (30min) July/August

Abs – 15min: 2Xeach set in order with 30 seconds/exercise (3min/set). 30sec rest between sets.

1. Crunches
2. Figure 4 Left
3. Figure 4 Right

1. Mama Russia
2. Cherry Pickers
3. Bridge Lift

1. Grabbern
2. Butt Lift
3. Bicycle

1. Side sidesitups left
2. Side leg lift left
3. Sidegrabbern left

1. Side sidesitups right
2. Side leg lift right
3. Sidegrabbern right

Back 9min: 2XEach set in order with 30 seconds/exercise (3min/set). 30sec rest between sets.

1. Baby Backups
2. Seal
3. Third Backups

1. Mermaid
2. Sparkles
3. Cross Backs

1. Back Plank
2. Teapot AKA Teapot left
3. Teapot AKA Teapot right

5 minutes plank:

1. 1 min plain plank
2. 1 min Zombie Dog - lifting arm, then lift the leg, then lifting arm and leg simultaneously
3. 1 min right side, with leg lift the last 30 sec
4. 1 min left side, with leg lift the last 30 sec
5. 1 min Everest Mountain Climbers plain plank with 5 knee to elbow on each side

Rotation 4 (22min) September/October

Abs and back in 15min, each exercise lasts for 30sec with two sets of each exercise

1. Mama Russia
2. Butt Lift
3. Third Backups
4. Upper Six Packen
5. Grabbern
6. Sparkles
7. Mama Russia
8. Canadian Hedge
9. Seal
10. Side -situps left
11. Side -situps right
12. Sidegrabbern left
13. Sidegrabbern right
14. Teapot Left
15. Teapot Right

6 min plank:

1. Regular plank 1min
2. Side plank right 30sec
3. Side plank left 30sec
4. Reverse plank 1min
5. 1 min Zombie Dog - lifting arm, then lift the leg, then lifting arm and leg simultaneously
6. Side plank left 30sec – Lift leg
7. Side plank right 30sec – Lift leg
8. Regular plank 1min

Rotation 5 (24min) November/December

Ab / Back / plank in 24min 50sec on and 10sec rest

1. Upper Six Packen
2. Baby Backups
3. Back plank
4. Mama Russia
5. Topsy Airplane
6. Sideplank left
7. Grabbern
8. Sparkles
9. Sideplank right
10. Canadian Hedge
11. Cross Backs
12. Everest Mt Climbers
13. Cross Situps
14. Hello every other side
15. Plank
16. Side sidesitups left
17. Teapot right
18. Zombie Dog Arms - The plank with lifting every other arm every 5 sec
19. Side sidesitups right
20. Teapot left
21. Zombie Dog Legs - The plank with lifting every other leg every 5 sec
22. Butt Lift
23. Third Backups
24. Zombie Dog - The plank with a diagonal arm and leg every 5 sec

Rotation 6 (21min) Ski Season

Ab / Back / plank in 30sec x 2, 45sec x 2, 45sec x 2, 1min x 2 with 1 min rest between sets

30 sec per exercise x 2, total 3min

1. Mama Russia
2. Third Backups
3. Everest Mountain Climbers (very slow mountain climbers)

1min break

45 sec per exercise x 2, a total of 4min, 30sec

4. Grabbern
5. Sparkles
6. Side plank right-left-right

1min break

45 sec per exercise x 2, a total of 4min, 30sec

7. Cross Situps
8. Teapot right-left-right
9. Side plank left-right-left

1min break

1 min per exercise x 2, total 6min

10. Crunches
11. Teapot left-right-left
12. Regular plank

Rotation 6 (30min) Ski Season ORIGINAL

Ab / Back / plank in 30sec x 3, 45sec x 3, 45sec x 3, 1min x 3 with 1 min rest between sets

30 sec per exercise x 3, total 4min 30sec

1. Mama Russia
2. Third Backups
3. Everest Mountain Climbers (very slow mountain climbers)

1min break

45 sec per exercise x 3, a total of 6min 45sec

4. Grabbern
5. Sparkles
6. Side plank right-left-right

1min break

45 sec per exercise x 3, a total of 6min 45sec

7. Cross Situps
8. Teapot right-left-right
9. Side plank left-right-left

1min break

1 min per exercise x 3, total 9min

10. Crunches
11. Teapot left-right-left
12. Regular plank

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 Paken:** 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