

Rotation 1 (22min)

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

Abs:

1. **Dragon tongue Situps (left):** 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.
2. **Dragon tongue Situps (right)**
3. **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.
4. **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 .
5. **Bent leg crunch :** Lie on your back with your legs at 90 degrees. Do small crunches with fast up and slowdown.
6. **Straight leg crunch:** 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.
7. **Grandma sit-ups :** Lie on your back and have your legs at 90 degrees. Do a regular situp but wiggle back and forth as you do it.
8. **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.
9. **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 .
10. **Figure 4(right):** 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.
11. **Figure 4 (left)**
12. **Side sidesitups (right):** Lying on your side lift your torso up , straight up sideways , and down.
13. **Side sidesitups (left)**
14. **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 .
15. **Apple pickers:** 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.
16. **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.
17. **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.

18. **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.
19. **Sidegrabbern (right):** Lie on your side with your legs twisted up at 90 degrees. Reach up and touch your toes on the side.
20. **Sidegrabbern (left)**
21. **Bicycle:** Lie on your back with your legs off the ground. Touch your right elbow to your left knee and switch (bicycles)

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

1. **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 .
2. **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.
3. **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
4. **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.
5. **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 ;)
6. **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 .
7. **Leg lift:** 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.
8. **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.
9. **Teapot (Right):** 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 .
10. **Teapot (Left)**

6 minutes of plank

1. 1 min plain plank
2. 1 min 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 plain plank with 10 Marit Bjorgen (Legs on ball or in sling, bring legs forward and back)
6. 1 min plain plank with 5 knee to your elbow on each side