



**Renouf**  
Personal Training

# Exercises...

# ABS

## BASIC CRUNCH

from lying on back, pull belly button in towards spine, squeeze abs and slide hands up thighs to touch knees, pausing at the top.



**TIP:**  
*keep knees and feet pressed tight together to increase the contraction.*

## BUM UPS 1

feet straight up in the air, hands behind head.

## BUM UPS 2

contract abs and raise feet toward ceiling keeping head on floor.



**TIP:**  
*do this without swinging legs.*



## HEEL TOUCHES 1

lying on back, squeeze abs and raise head off floor, hands by side.

## HEEL TOUCHES 2

slide lower back across floor until one hand touches heel.

## KNUCKLE TOUCHES 1

lying on back, arms by side, raise head squeeze abs.

## KNUCKLE TOUCHES 2

reach forward to touch knuckles together behind legs



**TIP:**  
*hold with knuckles touching behind legs*



## TOES UNDER CRUNCH 1

hook toes under bar whilst lying down, fingertips touching sides of the head.

## TOES UNDER CRUNCH 2

crunch right up until elbows touch knees slowly lower and continue for reps.



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Personal Training

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**TIP:**  
*slow repetitions down, don't let the ball touch the floor*

### **FITBALL COMBO CRUNCH 1**

hold ball in hands over head, legs straight out on floor.



### **FITBALL COMBO CRUNCH 2**

crunch abs bringing legs and arms together, pass ball to be held by feet.



### **FITBALL COMBO CRUNCH 3**

hold ball between feet and lower to floor, gently touch down on floor and crunch abs to pass ball back to hands, straighten out arms overhead to complete one repetition.



### **FITBALL TORSO TWIST 1**

lie back over fit ball, walk feet out so that shoulders are over middle of ball, keep body in a straight line from shoulders to knees, squeeze abs to hold this position.



### **FITBALL TORSO TWIST 2**

keeping abs tight, rotate shoulders so hands point straight out to side.



### **FITBALL TORSO TWIST 3**

while holding abs tight, return to middle position and rotate to point arms to other side



### **FITBALL ROLL OUT 1**

from kneeling position place hands on ball and roll forward



### **FITBALL ROLL OUT 2**

keeping body flat, squeeze belly button in towards spine to activate abs, hold stretched position and return to kneeling upright.



### **FITBALL ROLL UNDER 1**

hold as for bridge with hands on floor and feet on ball. Pull belly button to spine.



### **FITBALL ROLL UNDER 2**

roll knees into chest, keeping lower back flat, and then return slowly to beginning position.



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# Exercises...

## bridges

### **BASIC BRIDGE**

hold body up flat on elbows and feet, pull belly button in towards spine to activate abs. Hold for required time.



### **ONE ARM ONE LEG BRIDGE 1**

go into basic bridge and raise one arm and one leg off floor and balance in position. Hold for required time repeat for other side. Keep body as flat as possible DO NOT twist.



### **ONE ARM ONE LEG BRIDGE 2**

go into basic bridge and raise one arm and one leg off floor and balance in position. Hold for required time repeat for other side. Keep body as flat as possible DO NOT twist



### **FITBALL ELBOW BRIDGE**

as for the basic bridge hold body up flat from feet to shoulders with elbows resting on fitball. Squeeze abs. Hold for required time.

### **FITBALL HAND BRIDGE**

as for the basic bridge hold body up flat from feet to shoulders with hands resting on fitball. Squeeze abs. Hold for required time.



### **FITBALL KNEE BRIDGE**

from kneeling position rest elbows on ball, lean forward until body forms straight line from knees to shoulders. Hold for required time.





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## HIP RAISES 1

lie flat on floor, knees bent  
arms by side



## HIP RAISES 2

squeeze abs and raise hips until straight line is formed from  
shoulders to knees.



# glutes



## GLUTE HAM RAISES 1

as for hip raises then hold with abs  
tight and straighten one leg

## GLUTE HAM RAISES 2

with one leg straight raise arms to  
point towards ceiling.

## GLUTE HAM RAISES FITBALL 1

lie back over fit ball, walk feet out so  
that shoulders are over middle of ball,  
keep body in a straight line from  
shoulders to knees, squeeze abs to hold  
this position.



## GLUTE HAM RAISES FITBALL 2

hold with abs tight and straighten one  
leg.



## PLATE TORSO TWIST 1

sit up with weights plate in hands, lean back to  
about 45 degrees.



## PLATE TORSO TWIST 2

keep leaning back and twist torso to touch plate  
gently to floor on one side of the body.



## PLATE TORSO TWIST FEET UP

sit up with weights plate in hands,  
lean back to about 45 degrees and  
raise your feet off floor. Keep leaning  
back and twist torso to touch plate  
gently to floor on one side of the body.