

Abdominal Exercises

Cross Swing Abs

Closed Lunge V Band Twist

Full Bench Curl Up

Glute Ham Hyper Russian Twist

Glute Ham Hyper Russian Twist Straight Arm

Glute Ham Isometric Sit Up Hold

Glute Ham Over Head Dumbbell Sit Up

Glute Ham Over Head Sit Up

Half Bench Curl Up

Incline Dumbbell Over Head Sit Up

Incline Over Head Sit Up

Incline Diagonal Med Ball Sit Up

Partner Abs

Partner Band Abs

Push Up Ball Rotation

Pike Bar Abs

Pike Partner Abs

Pike Swiss Ball Abs

Open Lunge V Band Twist

Reverse Band Crunch

Stand Alternating V Band Flexion

Swiss Ball Down Twist

Swiss Ball Twist

Swiss Ball Up Twist