



G7 FITNESS

ABDOMINAL WORKOUT

Strengthening the Rectus Abdominis

1. Bicycle Crunch Exercise
2. Captain's Chair Exercise
3. Abdominal Crunch on an Exercise Ball
4. Vertical Leg Crunch
5. Torso Track
6. Long Arm Crunch
7. Reverse Crunch
8. Crunch with Heel Push
9. Abdominal Roller
10. Plank Exercise
11. Traditional (Basic) Abdominal Crunch
12. Exercise tubing pull
13. Abdominal Rocker

Strengthening the Obliques

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