

15 Mins. a day
5-6 days/week

CORE BODY STRENGTH

WORK those ABS



1. LOWER ABS

Lie on back, hands behind ears. Press lower back towards floor. Contract abdominal muscles by sucking belly button towards spine. Hold for five seconds, remembering to breathe. Repeat five times, gradually increasing time stretch is held.



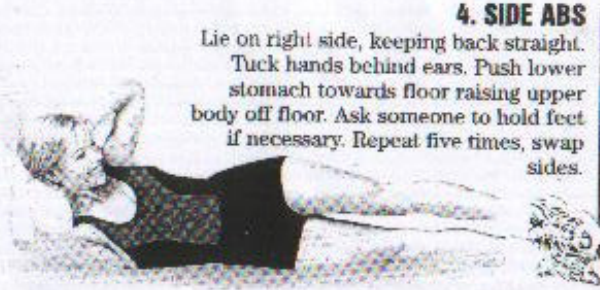
2. LOWER ABS

Lie on back, hands behind ears. Press lower back to floor and contract abdominal muscles. Raise and lower right leg to floor. Lift leg only to point where back begins to arch. Repeat five times, then swap legs.



3. OBLIQUES

Lie on back, knees bent towards chest. Place hands behind ears, elbows to ceiling. Rotate body from side to side in a controlled manner. Shoulders should remain in contact with floor. Repeat 10 times.



4. SIDE ABS

Lie on right side, keeping back straight. Tuck hands behind ears. Push lower stomach towards floor raising upper body off floor. Ask someone to hold feet if necessary. Repeat five times, swap sides.



5. BACK EXTENSION & ROTATION

Lie face-down on floor, hands behind ears. Move right shoulder back towards left bottom cheek, lift left leg. Ensure head doesn't move sideways. Repeat five times. Swap sides.



6. AB CRUNCH

Lie on back, knees bent, feet flat on floor and hands behind ears. Press lower back to floor by tilting pelvis up. Tighten abdominals and curl head, neck and shoulders forwards. Keep elbows back and chin up as if there's an apple between chin and chest. Repeat five times.

Abdominal strength, and
strength in the back,
are of great significance.

A few important considerations

1. **Keep a record of what you do.**
Plan in advance; vary your activities.
2. **Regular (4-5 times / week minimum) is necessary to progress.**
3. **Consult: Superball**
for further ideas
www.nwaswimaths.com ▶ Programs
▶ General Programs ▶ Super Ball

Cross Body Lifts are a very important back strengthener and movement skill enhancer.

See: www.nwaswimaths.com
Programs
Swimming Programs
Dryland Circuit 1

There are many other circuits and ideas shown in the various parts of Programs .. have a look around