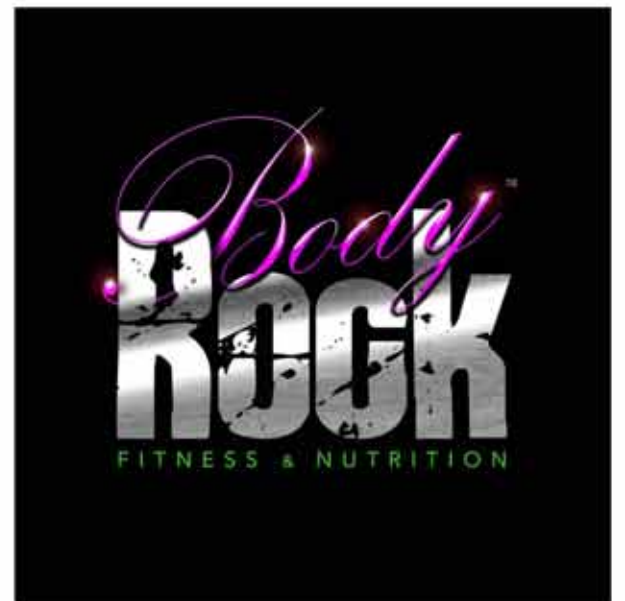


# 18 CARDIO AB

## BLAST EXERCISES



## ABOUT BODY ROCK

If you are reading this .. you are already a part of our Body Rock family. We are not your typical workout we are a community. It all started with two childhood friends with one common goal: to inspire & encourage others to build the life and body they deserve.

Since then, Body Rock has grown to be a life changing environment not only for us, but for everyone who joins the group.

We care about each and every one of you on a personal level. We are forever grateful for the inspiration you bring us on a daily basis. We are committed not only to helping improve the minds and bodies of others, but we are driven as a family to help improve our community and our world in any way we can.

We are Leaders, We are Strong, We are Determined, We are Body Rock.

Are You Ready to Rock!?



### HEEL TAPS



Start



Finish

**Preparation:** Lie on back with legs extended straight out and finger tips pointing towards the ceiling. Elbows bent.

**Execution:** Without whipping hands, contract abs as you come up to a seated position while bringing your heels as close to your butt as possible. Lay back down, extend legs straight out and repeat.

# LEG RAISE WITH POP UP

**Preparation:** Lie on back with hands under butt to support lower back. Extend legs straight out.

**Execution:** Initiate movement by bringing heels off the floor and bringing your knees to your chest. Once knees are close to chest, pop leg straight up towards the ceiling, while simultaneously lifting butt off the floor. Bring knees back to chest, kick straight out (allowing legs to be parallel with the floor) and repeat. Do not let your heels touch the floor.



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## STANDING KICKS



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**Preparation:** Stand with feet together, putting your weight on your left foot. Tilt body slightly towards the left.

**Execution:** As fast as possible, bring right knee to chest, then tap right toe on the floor and kick straight out bringing your right leg as high and straight as possible. Switch legs and repeat.

### NINJA SIT UPS



Start



Finish

**Preparation:** Lie on back. Bend right arm and right leg. (finger tips should be near your right shoulder and knee should be towards your chest). Extend left arm and left leg out straight.

**Execution:** Initiate movement by bringing yourself into a sit up while simultaneously straightening your right arm and leg, and bending your left. At this point, you should only be balancing on your butt. Heels do not touch the floor. Lie back down in your original position and repeat. (Then switch sides)

### SHIN RUBS



Start



Finish

**Preparation:** Lie on back and bring legs straight up, making an L shape with your body. Position your finger tips directly under your knees.

**Execution:** Initiate movement by sliding your finger tips down your shins until they touch your ankles. At this point your abs should be in a completely contracted state. Bring yourself back to the original position, sliding your fingertips down from your ankles to your knees, and repeat.

### KNEE HIGH RUN



Start



Finish

**Preparation:** Stand with feet together.

**Execution:** Run in place bringing knees as close to chest as possible. Contract your abs the entire time.



### MOVING PLANK PUMPS



Start



Finish

**Preparation:** Position yourself into a plank position on either side of your mat. Only forearms should be on the mat. Toes should be on the floor.

**Execution:** Once in the plank position, hold for 10 seconds. After 10 seconds, bring your butt up as high as you can allowing your body to make a triangle-like shape. Contract your abs, and then bring yourself back to the original plank position. Pump up and down 5 times. Without coming out of your plank, move to the other side of your mat by simultaneously moving each side of your body. (move right arm with right leg, etc.) Once at the other side, hold plank for 10 seconds, execute 5 more plank pumps and repeat.

**\*Note:** Your body should remain in a plank the entire time.

## FULL PLANK SLIDE INS



Start



Finish

**Preparation:** Position yourself in a full plank (palms down on mat, arms extended straight). Position toes on two cloth rags.

**Execution:** Slowly slide knees toward chest while contracting abs. Slide back out to full plank position and repeat.

### STANDING PULL INS



Start



Finish

**Preparation:** Stand raising hands over head holding one dumbbell by each end. Extend right leg out making a diagonal line with your body.

**Execution:** As fast as possible, bring your right knee to your chest while pulling in the dumbbell towards your waist. Extend back out and repeat. Switch sides after 30 seconds.

### PULSE AND SWITCH



Start



Finish

**Preparation:** Lie on back with hands under butt. Bend right leg bringing knee towards chest and extend left leg straight out keeping heel off the floor.

**Execution:** Pulse up and down twice with left leg, then switch sides bringing left knee to chest and extending right leg straight out. Pulse up and down twice every time you switch legs

### SEATED CONTRACTIONS (SIDE TO SIDE)



**Preparation:** Sit on matt and bend knees leaving heels on the floor. Lean back to a 45 degree angle until abs are completely contracted.

**Execution:** Twist side to side for 30 seconds keeping yourself at the 45 degree angle.

## STANDING PUNCHES



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**Preparation:** Stand with feet slightly wider than shoulder width apart and bend knees into a half squat position.

**Execution:** Punch out to the front, one arm at a time, while twisting at the waist and keeping abs contracted.

## DRIVE UPS



Start



Finish

**Preparation:** Lie on matt with knees bent resting heels on the floor. Hold one 5lb dumbbell in right hand with right arm bent (Dumbbell should be positioned near right shoulder). Extend left arm out toward the front and clench left fist.

**Execution:** Contract abs into a full sit up position while driving up right arm towards the ceiling. (In finished position, right arm should be extended straight up directly on side of head). Descend back down to original position and repeat. After 15 seconds, switch sides.

### CRUNCH WITH CHEST FLY



**Preparation:** Lie on matt holding 5lb dumbbells in each hand. Extend arms out to the side with slight bend in the elbows. Palms should be facing the ceiling and knees should be slightly bent with only heels resting on the floor.

**Execution:** Contract abs and sit up into a 45 degree angle while bringing weights towards each other. Tap weights together and begin your descend back to the original position.



## MOUNTAIN CLIMB



Start



Finish

**Preparation:** Position yourself in a full plank (palms down on matt, arms extended straight. Position toes on floor.

**Execution:** In a hopping motion, bring right knee as close to chest as possible and then switch to left side as quick as possible. Majority of weight should remain on hands while contracting abs the entire time.

# HALF PLANK MOUNTAIN CLIMB



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**Preparation:** Position yourself into a plank position. Only forearms should be on the matt. Toes should be on the floor.

**Execution:** In a hopping motion, bring right knee as close to chest as possible and then switch to left side as quick as possible. Keep abs contracted the entire time.

## ROPE PULL

**Preparation:** Lie on back with knees bent and feet flat, shoulder width apart.

**Execution:** Imagine a rope adjacent to your chest. Pretend to climb up the rope. Torso should sway side to side as you extend up to reach the rope and pull down. Abs should be contracted the entire time.

## PLANK WITH TOE TAP

**Preparation:** Position yourself into a plank position. Only forearms should be on the matt. Toes should be on the floor.

**Execution:** Keeping your body off the floor, swing right leg as far out to the side as possible, tap toes to the right and bring back to original position. Repeat with left side. Alternate side to side for 30 seconds.

**THE BEST IN-HOME  
STRENGTH & CONDITIONING  
WORKOUT YOU'LL EVER GET!**

**CLICK HERE IF YOU'RE READY TO ROCK!**

**[HTTP://CRITICALBENCH.COM/GOTO/BODYROCK](http://criticalbench.com/goto/bodyrock)**