

nutritionella

{amazing abs} sandwich #1

4 ab-toning HIIT moves sandwiched between 2 cardio intervals

Equipment needed: cardio, small towel, 1 light weight

Exercise

Time

CARDIO #1: bike, run, Elliptical etc...

Kick it up a notch: incorporate 30 second-1 minute "hard" intervals to make it more challenging

15 minutes

HIIT Move #1

Sliding Towel Planks

30 seconds

Rest

15 seconds

HIIT Move #2

Standing Cross-over Knee Crunch

30 seconds/side

Rest

15 seconds

HIIT Move #3

Touch & Go Mountain Climbers

30 seconds

Rest

15 seconds

HIIT Move #4

Side Plank Walk + Pushup & Pulse

1 minute

Rest

15 seconds

} X 4

CARDIO #2: bike, run, Elliptical etc...

Kick it up a notch: incorporate 30 second-1 minute "hard" intervals to make it more challenging

15 minutes

time | 50 minutes

Notes

Rest –Between moves, get set up for the next one. This will keep your heart rate elevated but still allow it to slow down a bit.



Sliding Towel Planks: Start in a plank position (hands slightly ahead of shoulders keeping knees, hips and shoulders in a straight line, butt down.) and place one small towel under the balls of your feet, legs together. Bring your knees in towards the center of your chest, squeezing your abs, straighten back out to full plank and repeat.

Standing Cross-over Knee Crunch: Stand with your shoulders in line with your hips, and extend your arms up & to the left (holding a weight if you want more of a challenge) and your right leg to the side, toes pointed. As you lower your elbows, raise your right knee, contracting your abs and squeezing when your knee and hands meet. Return to the starting position and repeat for 30 seconds then switch sides.

Touch & Go Mountain Climbers: Start in plank position. Bring left foot forward and touch it on the floor under your chest. Quickly return leg to starting position and repeat with the other leg. Alternate back and forth for 30 seconds.

Side Plank Walk + Pushup & Pulse: This one is fun if you follow closely!

- Plank position
- 1 Pushup
- Walk to left side plank, free hand on hip, pulse right leg
- Return to center plank
- 1 Pushup
- Walk to right side plank, free hand on hip, pulse left leg
- Rinse and repeat.