

Abs



Crunch
90/90Crunch
Diagonal Crunch
Lateral Bench Crunch
Bicycle
Bench Plate Crunch
Bench Plate Rotation
Hammer Chop
Knee-Ups
Plate Rotation
Pull-Down Crunch
Med Ball Toss Wall or Two People
Med Ball Wall
Bridge w/ SLR
Thera-Ball Crunches
Thera Ball Bridge w/ SLR
Dying Bug
Russians
Med Ball Drop

Back

Reverse Crunch (Back Hypers)

Reverse Diagonal Crunch

Mule Kick

Superman/Superwoman

Thera Ball Hypers

Thera Ball Superman/Superwoman

Thera Ball Leg-Ups

Reverse Plate Crunch

SA Pull

Bent Knee DB Row

Leg-Ups

SLDL

Good Morning

Leg Throws

Back Russians