CARDIO AND ABS - 30 MINUTE WORKOUT

**Check with your physician before starting an exercise program*

Even though you can focus on doing only abdominal strengthening one day and cardio the next day, incorporating both together in one workout may be a more efficient way to reach your goals. In fact, cardio is a necessary part of toning your midsection as it helps maintain a healthy weight by burning excess calories. You can try the following 7 exercises for 40 seconds work with 20 seconds rest to start. Add on another round the next workout session to see how that feels. Take a 2-minute water break between rounds and do not forget to warm up and cool down before doing any exercise.

Burpees

1. Stand straight with your feet shoulder-width apart.
2. Jump back until your legs are fully extended and your body is in plank position.
3. Do a push up, jump forward, and then push through the heels to return to the starting position.
4. Repeat until the set is complete.

Jumping jacks

1. Stand straight with your feet together and hands by your sides.
2. Jump up, spread your feet, and bring both hands together above your head.
3. Jump again and return to the starting position.
4. Repeat until the set is complete.

Squat jumps

1. Stand with your feet shoulder-width apart and toes pointing slightly outward.
2. Bend your knees pressing your hips back as if you were going to sit back on a chair.
3. Pushing through the heels, jump straight up.
4. Land with your knees slightly bent and go back into the squat position.

Screamer lunges

1. Stand with the feet hip-width apart.
2. Extend the right leg back to a lunge position.
3. Push off with the right foot to lift the right knee to hip height, jumping in the air while doing so.
4. Return the right foot to the starting position and repeat for 10 lunges on one side.
5. Switch legs and repeat on the other side.

Crunches or planks may help strengthen your abdominal muscles, but those exercises alone won't result in real changes to your midsection. You can't just spot reduce in one area, which is why this HIIT (high-intensity interval training) workout promises results by combining core strengthening and cardio. "Adding short, high-intensity bursts of cardio is key to forming beautiful lean muscle and seeing results fast,". On alternate days, you can mix things up by giving LISS (low-intensity steady-state) training a try.

Bicycle crunch

1. Lay on your back with your feet off the ground and legs bent at a 90-degree angle.
2. Gently place your hands behind your head and lift your shoulder blades off the ground.
3. Extend your left leg straight and twist your body to the right so that your left elbow meets your right knee.
4. Repeat on the other side.
5. Perform 15 reps on each side.

Plank jacks

1. Begin in a plank position with your shoulders over your wrists, your feet together, and your body in a straight line.
2. Like the motion of a jumping jack, jump your feet wide keeping your buttocks down. Jump your feet back together.
3. Be sure to keep your abs pulled in very tightly as you jack your feet. If you do not pull them in, your body will bounce up and down and you will end up with a sore back and less results. Keep your abdominal area super tight!

Scissor kicks

1. Lie on your back with your arms down by your sides.
2. Lift both of your legs a few inches off the ground and separate them slightly into a “V” shape. Engage your core and press your lower back into the floor.
3. Keeping both legs straight, bring your legs together and cross your right leg over the left. Widen your legs into a “V” again, and then bring your legs together again, this time crossing your left leg over the right.
4. Continue alternating until you’ve completed all reps.
5. Always keep your lower back pressed into the floor. If it starts to arch, lift your legs up to reduce tension on your core.
6. You can lift your head up if you prefer.

If you need help setting up a program to meet your individual goals that will be personalized for your injuries, time constraints etc. please contact us at: personaltraining@curtishealth.com