



# NOVEMBER WORKOUT OF THE MONTH

## "WHITTET"

**Warm-up 5-10 minutes**

**This workout can be added into your normal routine**

**Beginners: 1-2 Sets / 6-8 Reps, Intermediate: 3-4 Sets / 10-12 Reps, Advanced: 5-6 Sets / 15-20 Reps**

### **1. SPIDERMAN PLANK CRUNCH**

Start in a traditional plank position with your forearms on the ground and your body perfectly straight. Bring your right knee forward towards your right elbow, then return to the plank position. Repeat by bringing your left knee toward your left elbow. That's one rep. Alternate sides for a total of desired reps.

### **2. CABLE ROTATION**

Stand holding a cable with both hands out in front of you at just under shoulder height. Keeping your arms fixed and straight and your abs engaged, rotate your upper body to the left, then back to center, and then to the right, and then back to center. That's one rep. Alternate sides for a total of desired reps.

### **3. BICYCLE CRUNCH**

Lie on your back with your hands behind your head, and your legs raised and bent at 90 degrees. Alternate sides by bringing your right elbow towards your left knee then your left elbow towards your right knee, complete desired reps. Try and hold the crunch for a two-count on each side to force a slower, concentrated movement.

### **4. CROSS CRUNCH**

Lie on your back with arms and legs diagonally out so that your body forms an "X." Keeping arms and legs straight bring your right hand towards your left foot, then your left hand towards your right foot, lifting your head, neck, and shoulders off the ground. That's one rep. Aim for desired reps.

### **5. STABILITY-BALL ROLLOUT**

Kneel on a mat with your hands on a stability ball. Keeping your back straight and your abs engaged, roll the ball as far away from you as you can, then slowly roll back to starting position. Aim for desired reps

**Cool Down / 12 Navy Recommended stretches 5-10 minutes**