AUGUST WORKOUT OF THE MONTH

"THE MASON"

1. Hanging Leg Raises:

- Grasp and hang from high bar with slightly wider than shoulder width overhand grip.
- Raise legs by flexing hips and knees until hips are completely flexed or knees are well above hips. Return until hips and knees are extended downward. Repeat.

2. Lying Leg Raises:

- Lie supine on mat or floor. Place hands under lower buttock on each side to support pelvis.
- Raise legs by flexing hips and knees until thighs are completely flexed. Return until hips and knees are extended. Repeat.

3. Crunches:

- Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch.
- Now place your hands lightly on either side of your head keeping your elbows in. Tip: Don't lock your fingers behind your head.
- While pushing the small of your back down in the floor to better isolate your abdominal muscles, begin to roll your shoulders off the floor.
- Continue to push down as hard as you can with your lower back as you contract your abdominals and exhale. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. At the top of the movement, contract your abdominals hard and keep the contraction for a second. Tip: Focus on slow, controlled movement - don't cheat yourself by using momentum.
- After the one second contraction, begin to come down slowly again to the starting position as you inhale.
- Repeat for the recommended amount of repetitions.

4. Twisting AB Crunches:

- Lie supine on mat with lower legs on bench. Place hands behind neck or head.
- Flex and twist waist to raise upper torso from mat to one side. Return until back of shoulders contact mat. Repeat to opposite side alternating twists.

5. Medicine Ball Sit-Up Throw w/Partner:

- Facing partner, sit on floor knees bent. Feet can be secured under weighted or anchored structure. First individual holds medicine ball with both hands.
- First individual lies back with ball overhead and taps ball to floor. Individual immediately throws ball to partner from over head while sitting up. Partner catches ball slightly above and in front of head and repeats steps. Continue to volley ball back and forth.

6. Side Crunches:

- Lie upper back supine on floor or mat. With both legs together, knees and hips bent, position outside of leg to down to side. Use no weight or hold weight to opposite side of head or across upper chest.
- Flex waist raising upper torso off surface. Return until back of shoulders return to surface. Repeat and continue with movement in opposite position.

7. Bicycle Crunch:

- Lie flat on the floor with your lower back pressed to the ground and contract your core muscles.
- With your hands gently holding your head, lift your knees to about a 45-degree angle.
- Slowly, at first, go through a bicycle pedal motion.
- Alternately touching your elbows to the opposite knees as you twist back and forth.
- Breath evenly throughout the exercise.

8. Roman Twist w/ Medicine Ball:

- Sit on the floor with your knees bent and feet flat on the floor (easier) or raised up off the floor (more difficult).
- Contract your abs and sit at about a 45 degrees angle.
- Hold the medicine ball with both hands directly in front of you.
- Contracting your abs, twist slowly from your torso to your right and touch the medicine ball to the floor beside you.
- Quickly, but smoothly, contract your abs and twist your torso and touch the medicine ball to the other side.
- Repeat for the desired number of reps.