

SUCK IT UP FITNESS

"Suck it up now so you don't
have to suck it in later"

-Jenn DeBeers



-CUSTOMIZED TRAINING
-NUTRITION PROGRAMS
-WEIGHT LOSS
-BALANCE, MOBILITY
& DAILY ACTIVITY
PROGRAMS FOR SENIORS

Successful health and lifestyle professional

Ab Circuit Workout

4 sets, circuit-style, 60 second rest between each set

Stability ball kneeling rollout, 15 reps

STABILITY BALL KNEELING ROLLOUT: Kneel on ground and place forearms on stability ball. Roll ball forward as far as you can while keeping abs tight and not hyperextending your lower back. Return to starting position.

STABILITY BALL PLANK (back feet on ball), 60-second hold. Place your feet on the stability ball, fully extend outwards onto your forearms into full plank position. Brace your abs, tighten your core, and maintain a straight line along the top of your body.

Stability ball reverse crunch (from plank position), 15 reps

STABILITY BALL REVERSE CRUNCH (From Plank Position): Place your feet and shins firmly on top of stability ball. Fully extend outwards onto your forearms into full push up position to form a bridge. With your abs tightened, slowly draw in your lower abs and roll the ball inwards towards your hips. Bring the ball in until your quads are perpendicular to the floor, hold for 1 second, and return to starting position.

Sliding mountain climbers, 25 reps, each leg

SLIDING MOUNTAIN CLIMBERS: Get on hands and knees on wooded floor (or another slick surface). Place the toes of each foot on small hand towels (one towel for each foot, paper plates work great too!). Press into plank position initiate movement by lifting tailbone up slightly and bring right knee as close to chest as possible. Return to start position and repeat with left leg. Move at a controlled pace. Focus on your breathing, inhale as you extend your leg out and exhale as you bring your knee in.

Tip I tell my clients to count on the exertion of the muscle, therefore it makes you exhale. It will seem unnatural to breathe this way, so you need to train yourself.

Weighted reverse crunch, 15 reps

WEIGHTED REVERSE CRUNCH: Lie on your back with your legs together and raised with your knees bent at about a 90-degree angle. Hold a 10-15 lb dumbbell vertically between your knees. Keep a space between your chin and chest (looking diagonal towards the ceiling). EXHALE: Pull knees in toward chest and hold for 2 seconds. INHALE: Slowly lower legs back to starting position. Don't use your momentum to swing your legs up. Try to keep the motion controlled by your abs.