



MANSFIELD SKI CLUB
MULMUR ONTARIO

MSC Abs of Steel

Each exercise is performed for a certain time period usually 30 seconds, followed by a 30 second rest
If too easy, extend work period to 40 seconds and shorten rest to 20 seconds

<p><u>Single leg raise</u> Lying flat on back, one knee bent, one leg extended. Bring torso off the ground at the same time bringing the extended leg off the ground, touching the knee cap with hands at the top. Switch legs after 15 sec.</p>	15 sec L 15 sec R
<p><u>Knee Cap Crunch</u> Lying flat on back, knees bent, place palms on thighs. Bring torso off the ground sliding hands up thighs until palms touch knee caps. (Crunch NOT Sit Up)</p>	30 sec
<p><u>Full Sit Up</u> Lying flat on back with legs extended, small bend in knees, bring torso and upper body all the way up to a seated position.</p>	30 sec
<p><u>Cross Crunch</u> Flat on back, left knee bent, place right ankle on left bent knee, Left hand beside the left ear, right hand on stomach with elbow tucked in for support. Bring left arm across stomach towards right knee. Switch at 15 sec.</p>	15 sec L 15 sec R
<p><u>Toe/Ankle Touch</u> Flat on back, Legs straight up in the air, arms straining out towards ceiling. Lifts torso off the ground trying to touch ankles or toes with finger tips.</p>	30 sec
<p><u>Leg Lifts</u> Lying flat on back with legs fully extended, slip hands just under edges/sides of buttox for support. Important to keep head on ground throughout and keep lower back flat throughout as well. Raise both legs off the ground to 90 degrees. Lower legs to the ground until heels are about 6" off the ground and repeat.</p>	30 sec
<p><u>Air Kicks</u> Lying flat on back, legs raised with knees bent at 90 degrees, arms by your side palms down, head stays on the floor. Roll lower back up off the ground extending feet straight up towards the ceiling and then recovering back to start position. Repeat.</p>	30 sec
<p><u>Seated Rows</u> Lying flat on back with legs fully extended. At the same time, bring torso off the ground while lifting legs and bring them towards your torso. Extend body keeping the shoulders and feet off the ground before bring torso and legs back together again.</p>	30 sec
<p><u>Side Crunch</u> Lie on your left side, bring knees up to 90, bring right finger tips to right ear, take left hand and place it on ribs, tucking the left elbow in tight to chest with elbow on floor. Bring torso off the ground trying to get right elbow to right hip. Switch sides after 30 seconds.</p>	30 sec R 30 sec L
<p><u>Heel Touch Crunch</u> Lie flat on your back, knees bent, arms flat by your side palms on the floor. Bring upper torso off the ground sliding hands along the ground until finger tips touch the back of your heels.</p>	30 sec
<p><u>V-Sit</u> This is an Isometric exercise. Sitting up on your sit bones, legs extended with knees slightly bent. With a long torso and shoulders back slowly recline until abdominal wall is fully engaged. Hold for 40 se. or longer!!</p>	As long as you can!!!
<p><u>Table Top Single leg and arm extensions</u> *Will be introduced next dryland</p>	20 L 20 R
<p><u>Back Lifts</u> *Will be introduced next dryland</p>	20