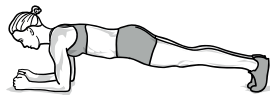
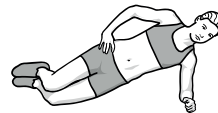


Total Time Round      4 min  
 Rest Between Rounds    1-3 min  
 Rounds                      1-4  
 Equipment                  none

	<b>Exercise</b>	<b>Work</b> [sec]	<b>Rest</b> [sec]	<b>Int.</b>
1	Front Plank	30	10	2
2	Short Lever Side Plank	30 a side	10	1
3	Arm Reaching Crunch	30	10	1
4	Alternating Superman	30	10	1
5	Bug	30	10	2



**1** Front Plank



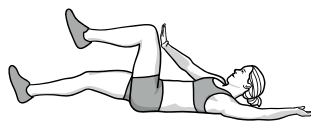
**2** Short Lever Side Plank



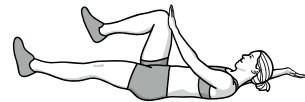
**3** Arm Reaching Crunch



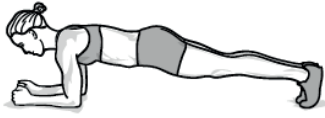
**4** Alternating Superman



**5** Bug

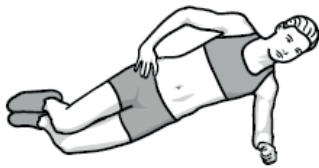


## Front Plank



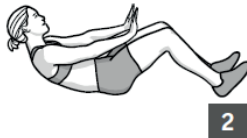
The elbows are below the shoulders. The pelvis forms a line with the upper body and thighs. The spine maintains its normal physiological curvature by tensing the trunk muscles. Hold the position.

## Short Lever Side Plank



Take up a side plank with the knees down. The knees are approximately at right angles. The supporting forearm points straight forward. The elbow is just below the shoulder. Place the free hand on the hip. Push the pelvis up and hold the position.

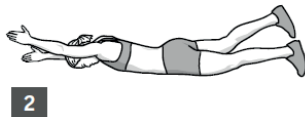
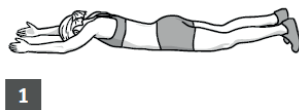
## Arm Reaching Crunch



1. Adopt a supine position. Place your heels on the ground so that your knees are approximately at right angles. Keep your arms raised at the sides of your body just above the ground. The palms of your hands are facing forward. Raise your head slightly. Pull your chin towards your sternum. Tense the abdominal muscles.

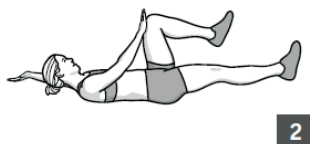
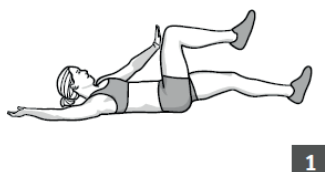
2. Push an imaginary wall forward with your hands. Roll up vertebra by vertebra. Then slowly unroll it again without laying it down.

## Alternating Superman



Take a prone position. Extend your arms forward, palms facing each other, and lift your feet slightly off the floor. Move your arms and legs up and down about ten centimetres, alternating every second.

## Bug



1. Adopt a supine position. Extend one leg, take the other bent upwards. On the side of the stretched leg, stretch the arm forward. On the opposite side stretch the arm backwards over the head. Arms and legs are lifted off the floor. Raise the head and pull the chin towards the sternum.

2. Change the arm and leg position simultaneously in one flowing movement.