

Lincs  
**Inspire**

Leisure • Libraries • Entertainment



Balance Programme Card

**HEAVY AB WORKOUT**

# BALANCE PROGRAMME CARD

## HEAVY AB WORKOUT

EXERCISES	Sets/Reps	Progression	Regression
		Sets/Reps	Sets/Reps
Warm Up	30 Secs of Normal Sit Ups	N/A	N/A
Hanging leg Raises	3 x 10 - 15 reps	3 x 15-20 reps	Max Reps 30 Secs
Weighted Cable Crunches	3 x 15 - 20 reps	10, 8, 6 reps getting heavier	Max Reps 30 Secs
Dumbbell Side Bends Left & Right	2 x 30 Secs Each Side	2 x 45 Secs Each Side	2 x 10 Reps Each Side
To Finish Full plank	2 x 1 minute	3 x 1 minute	2 x Max Hold

NOTE: If you require any help please ask a Lincs Inspire Instructor

Lincs  
**Inspire**

Leisure • Libraries • Entertainment