

Lincs
Inspire

Leisure • Libraries • Entertainment



Balance Programme Card

LIGHT AB WORKOUT

BALANCE PROGRAMME CARD

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EXERCISES	Sets/Reps	Progression	Regression
		Sets/Reps	Sets/Reps
Warm Up	30 Secs of Normal Sit Ups	N/A	N/A
Lying leg Raises	3 x 15 - 20 reps	3 x 20 - 25 reps	Max Reps 30 Secs
Crunches (feet on floor)	3 x 15 - 20 reps	3 x 20 - 25 reps	Max Reps 30 Secs
Side Plank Left & Right	2 x 30 Secs Each Side	2 x 45 Secs Each Side	2 x Max Hold 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