THE SCOTS COLLEGE CRICKET PROGRAM
Abdominal Exercise Program

Abdominal Progressions Level One

Abdominal Crunches:

Lie face up on the floor. Bend your knees, place feet flat on the ground and pointing straight ahead, place your hands behind your ears. Tuck chin and crunch upper body up and shoulders off the ground, as far as your appropriate strength level. Slowly lower to the start position.

Oblique Reaches:

1. Lie on your back and cross the left foot over the right knee, hands behind your head.
2. Keeping lower back pressed into the floor, lift your shoulder blades off the floor and then curl your upper body diagonally across your body towards your left knee.
2. Contract your abs and obliques as hard as you can at the top of the movement. Resist on the way back down.

Hanging Single Knee Raises:

With your body dangling from a chin-up bar, hold tight with both hands, palms facing outward, shoulder-width apart. Raise one knee as high as possible while trusting forward slightly then put it back down. Do the same with the other side.
Abdominal Progressions Level Two

Abdominal Crunches on Stability Ball:

Start by sitting on the ball. From the sitting position, walk your body forward until your hips are just off the ball and your back is over the ball. Keep your feet about shoulders width apart to help you maintain your balance, and place your hands behind your head.

While keeping your hips and lower body still, crunch forward and lift shoulder blades off the ball. Hold at the top for 1 second and slowly lower back down to the starting position.

Oblique Crunches on Stability Ball:

Start by sitting on the ball. From the sitting position, walk your body forward until your hips are just off the ball and your back is over the ball. Keep your feet about shoulders width apart to help you maintain your balance, and place your hands behind your head.

While keeping your hips and lower body still, crunch forward and lift your shoulder blades off the ball. As you get about halfway up, twist your body to one side. Hold for 1 second at the top, and as you uncurl and lower untwist your body before repeating the next rep going to the same side.

Hanging Knee Raises:

Begin hanging from the bar with your arms straight.
Bring knees up with hip flexed at approximately 90°.
Slowly lower your legs, ensuring the rest of the upper body remains stable.
Abdominal Progressions Level Three

Super Slow Bicycles:

Lie on your back with your hips bent about 90 degrees and your hands behind your head. As you curl your body forward, like in a crunch, bring your right knee towards your left elbow and extend your left leg out 45 degrees. While keeping your shoulders lifted off the floor continue alternating from left to right, bringing your opposite knees and elbows together.

Oblique Hanging Knee Raise:

Hang from a pull-up bar with your legs and feet together and your knees slightly bent. Slowly lift your knees up to one side as high as you can. Do this by curling your mid-section from the bottom up, not simply by lifting your knees. Squeeze your lower abs and obliques at the top of the movement for a one-count, then slowly lower and repeat on the opposite side. Remember to have your abs do the work in a slow and controlled fashion.

Roman Chair Double Leg Raise:

Position Body comfortably in a Roman Chair. Tighten the abs and make sure that the lower back remains neutral or rounded. Curl the lower body up as high as you can.
Abdominal Progressions Level Four

**Stability Ball Roll In:**
Place your hands on the floor with your hands directly under your shoulders. Place your shins on a stability ball. You should look like you are doing a push-up on the floor. While keeping your core tight and back flat, pull the stability ball towards your chest by bending the knees. The stability ball will roll from the shins to ankles as your abs do the work. Hold for a second and roll the ball out until your legs return to starting position.

**Hanging Windshield Wiper:**
Begin by performing a hanging leg raise. Hold the top position and rotate your lower body to the left by bringing your right hip toward your right armpit, then repeat to the other side. Return to the center, then lower your legs.

**Hanging Leg Raise:**
Hang on to a chin up bar, arms straight, shoulder width apart. Tighten your abs and make sure that lower back remains neutral or rounded. Curl the lower body up as high as you can.
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