

SIX PACK ABS

perfecting your form



Head to the YouTube video for today to do the 5-minute abs routine with me! Below I've explained and broken down the form and modifications for the primary exercises in the routine.

PLANK

Set yourself up in plank position, starting with your forearms on the ground.

- Elbows are directly under shoulders.
- Back is long, and strong (think of a plank of wood!).
- Butt is down, but hips not sagging.
- Quads are tight.
- Core is engaged.
- The further apart your legs are, the easier it may be.
- For the walking over, alternate hands lifting your body into a full plank, pressing up on one arm and then the other, keeping those hips square to the ground.
- For the 2-point-plank, lift one leg slightly off the ground, as well as the opposite arm, reaching long and strong. Option to only do the leg lift and omit the arms.
- For a modification, drop to your knees. This modification can be performed on the forearm and hand based plank, as well as the 2-point plank, so feel free to try the walking over on your knees as well!



forearm plank



walking hover to hand plank



2-point-plank



modification on knees

DOUBLE LEG LOWER

Begin on your back, with legs directly over hips, arms reaching for the toes.

- Aim for a 90° angle with the legs over the hips, avoid bringing them closer to your body.
- Slowly lower your arms and legs down, long and extended, bringing the feet as low as you can without hitting the ground.
- Try to keep your back flat on the ground, with no/minimal arch at the lower back.
- Slowly return, bringing your legs back up directly over hips. As you bring your arms up, crunch and lift your arms towards your toes.
- For a modification, bend your knees slightly and/or don't go quite as low— aim for 45° to start!



set up, legs over hips



extend body
avoid arch in lower back



modification, bent knees



mind over munch

[YouTube.com/mindovermunch](https://www.youtube.com/mindovermunch)

[Click here to watch the Kickstart series!](#)