

Name: _____ Block: _____ Date: ___/___/___

FITNESS HOMEWORK: Abs

Why focus on abs?

Although in today's media having a six pack is what everyone's ultimate goal should be, this can be deceiving. Abdominal muscles are much more than just for show. The muscles of your midsection are a crucial power source. This is where you transfer the force between your upper body and lower body.

Your abdominal muscles are actually made up of four muscle groups:

1) Rectus Abdominus: These are probably best known as the 'six-pack'. They start at the point where the rib-cage meets (also known as the sternum) and ends at the pubic bone. **Their Job:** They help flex the spine, and support bending and rotation.

2) External Oblique's and Internal Oblique's: These are two groups of muscles that work together. The external oblique's stretch from the side of your rib cage and extend down to the hip bone. While the internal oblique's are attached from the bottom of the rib cage down to your pubic bone. **Their Job:** Working together, both sets of the oblique muscles are instrumental in helping you twist and lean.

3) Transverse Abdominus: These muscles reside beneath all of the other abdominal muscles. They are very deep muscles and are hard to reach with conventional crunches. Yet, they are extremely important in maintaining a healthy 'core.' **Their Job:** They are instrumental in stabilizing your core and spine. They help prevent injury when you lift heavy objects or do exercises involving your 'core.'

In and Out: Sit on the floor with your hands at your side. Knees bent and feet off the floor. Bring your knees in towards your chest and then straighten your legs out keeping your feet and legs together. Repeat.

Seated Bicycle: Sitting in the same position as before you will lift your legs and rotate them clockwise like you are pedaling a bicycle. After 25 you will change direction and rotate counterclockwise for 25. 1 rep equals both feet going around completely.

Crunchy Frog: Same as in and out but now you will have your hands off the ground. When your knees are in your hands are around your knees. When your legs straighten out your arms should extend out to both sides.

Wide Leg Sit Ups: Lie flat on your back with your legs spread out wide. Place one hand behind your head, bring your torso up to perform a sit up, and once up reach your other hand to the opposite foot (left hand to right foot). Alternate hands each rep.

Fifer Scissors: Lie flat on your back hands at your side. Extend one leg up straight as far as you can go keeping your leg straight and lift the other leg up 6 inches off the ground. Alternate legs using a 3 second count between switching. Make sure both legs stay off the ground.

Hip Rock 'n Raise: Lie back, place bottoms of your feet together, hips out wide. Arms are at your side. Rock your hips back and drive your feet straight up toward the ceiling keeping your knees out wide. Come back down but do not touch the ground with your feet between reps.

Pulse Ups: Lie flat on your back. Extend your legs straight up with arms at your side. With legs up raise them towards the ceiling and lower back down while trying to keep them at a 90 degree angle.

Roll Up/V Up Combo: Lie flat on the ground and extend your arms straight up towards the ceiling. Bring the body up like a sit up and touch your toes. As you slowly lower your torso back down bring your feet up so you go into a v-sit (45 degree angle with only your butt touching the ground) and then pulse to touch your toes. Lower back down to your starting position. The roll up counts as one rep and the v up pulse counts as a second rep. (each full movement is two reps.)

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Oblique V-Up: Lie on your right side with legs at 30 degree angle and right arm straight against your side. Place left arm behind your head and left legs and torso at the same time. Try to touch your left elbow to your left knee. Both legs should come up together. Once you start your legs and shoulders should not touch the ground. After 25 switch sides and repeat on the opposite side.

Leg Climb: Lie on back with one leg bent and extend your other leg at a 45 degree angle. Climb your leg using your hands until you can grab your foot. DO NOT BEND YOUR LEG. Go back down. Do 12 reps and repeat on the other side.

Mason Twist: Seated clasp hands together. Raise feet 4-6 inches off the ground. Twist from side to side touching the ground on both sides. Every rep should have both hands hit the ground.

Assignment- Physical- 15 minutes.

- 1) In and out max 25 reps.
- 2) Bicycle max 25 reps forward and 25 reps backward
- 3) Crunchy Frogs max 25 reps
- 4) Wide leg max 25 reps
- 5) Fifer scissors max 25 reps
- 6) Hip Rock 'n Raise max 25 reps
- 7) Pulse Ups max 25 reps
- 8) Roll Up/V Up Combo max 25 reps
- 9) Oblique V Up max 25 reps each side
- 10) Leg Climb max 12 reps on each leg
- 11) Mason Twist max 50 reps

Parent Signature (Required): _____

I participated with my child: Yes _____ (.5 extra credit) No _____

1) How many reps were you able to do total (right down the reps for each exercise above).

2) What fact on the front surprised you the most and why?

3) Why is it important to improve your abdominal muscles?