

## Upper Body and Abs week 6

*Perform each exercise in sequence then repeat circuit again*

**12 repetitions for each set - repeat circuit**



### Press-ups

On all fours with hands wider than shoulders, step knees back to lengthen body. Lower hips down so you have a straight line from head to knees. Tilt

pelvis underneath to engage lower abdominals. Roll shoulders back and down to engage across shoulder blades and keep core tight. Hold position as you bend elbows to lower chest, taking hips down with you. Control back up keeping back flat and feet relaxed.



### Teapots

In a kneeling position with knees and feet hip width apart, upper body tall extended arms out at shoulder height. Keep shoulders back and down and core engaged. Bend over to one side to bring hand as close to your knee and as close to the floor as you can manage. Control back up to start position then repeat on other side.



### Arm Circles

Start in kneeling position with knees and feet hip width apart and upper body tall. Arms are extended out at shoulder height.

Shoulders back and down and core engaged. Maintain strong arm position as you make small circles forward using chest and shoulder blades to help movement. Repeat for 12 repetitions and then change direction for 12 repetitions.



### Runners Crunch

Lie on your back with legs up in table-top position and hands behind head with elbows pointing out to the side. Curl abs to bring

shoulders up and chin to the chest. Rotate shoulders to bring opposite elbow to knee. At the same time, extend free leg out. Try to avoid pulling on your neck and use stomach to perform exercise. Control back to start position and repeat on other side.



### Flutter Kicks

Lie back flat on the floor with extended legs up into the air. Keep feet hip width apart. Tighten abdominals and keep back flat as you lower legs

down until you can feel core engage. Point your toes and keep upper body relaxed. Hold this position as you gently cross feet over for 12 repetitions each way (24 altogether)



### Extended Arm Crunches

on your back with knees bent and feet flat on the floor. Engage core. Place hands back overhead with biceps by your ears

and one hand resting on top of the other. Use abs to curl upper body round so your chin is to your chest and eyes are peering through your knees. Slowly control back down so head and shoulders rest back down onto the floor.

To progress, perform 15 repetitions of each exercise and/or three sets of all exercises

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