

# Reggie Collier Fitness

## Abs At Home Workout Program



Here is my signature abs workout you can do at home without any exercise equipment. Commit & Conquer!

## Instructions

Here is my at home abs workout. There are nine exercises included. Perform these exercises for the recommended amount of time and sets every other day, or at least two times a week. Record the number of reps you complete per exercise to gauge your strength over the weeks. With each week the exercise time and sets will increase and the rest time will decrease.

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Week	Exercise Time	Rest Time between sets	Sets
1	30 Seconds	30 seconds	3
2	45 seconds	20 seconds	3
3	1 minute	15 seconds	4
4	2 minutes	10 seconds	4

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## Disclaimer/Warning

Please be advised that there are inherent risks involved in participating in any exercise program, and the user releases Reggie Collier Fitness and all parties involved in the distribution of the information contained herein from liability. By using any information provided by Reggie Collier Fitness, the user is assuming all risks of injury that might result. Reggie Collier Fitness and its officers, directors, employees, agents, contractors, subcontractors, and instructors shall not be liable for any claims for injuries or damages whatsoever, resulting from or connected with the use of this information. You are warned and advised to seek the advice of a physician before beginning any exercise regimen. Reggie Collier Fitness is not a substitute for physician consultation or treatment and nothing contained in this information distributed should be construed as giving medical advice, diagnosis, or information.

# Elevated Heel Touch Crunches

Muscle Group  
Targeted: Obliques  
(Love Handles)



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## Instructions:

**Step 1:** Lie on the floor with the knees bent and the feet crossed over each other in the air. Your legs should create a 90-degree angle. Your arms should be extended by your side. This will be your starting position.

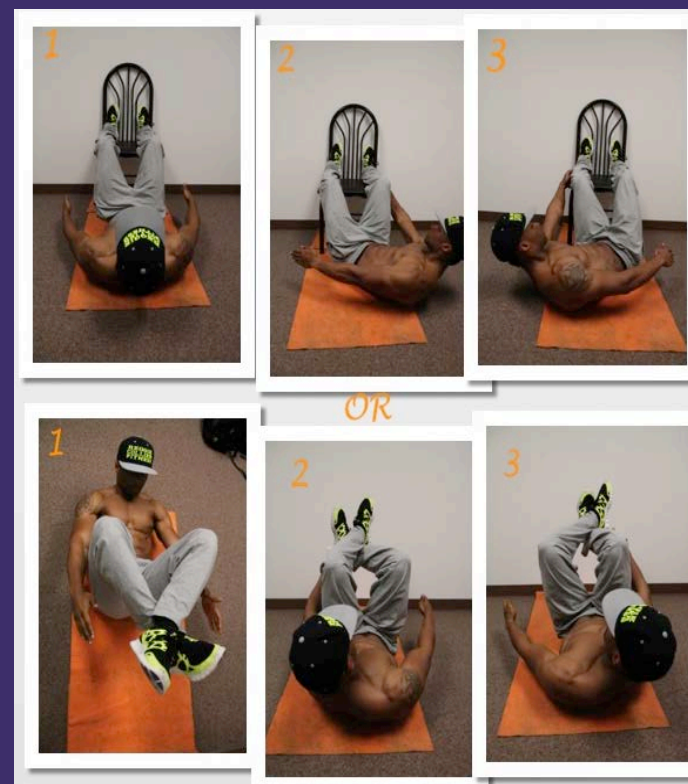
**Step 2:** Bring your shoulders off the ground with your hands about 2 inches off the ground. Crunch to the right side and touch your right heel (if possible) as you hold the contraction for a second.

**Step 3:** Exhale while performing this movement and then go back to the starting position as you inhale.

**Step 4:** Repeat the third step on the opposite side.

\*\*\*If you can't reach your heels, that is okay, just try and get as close as possible with each reach. \*\*\*

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## Additional Tips

- Keep your shoulder blades just off the floor for the entire set. You should aim to maintain this elevated upper body position throughout the exercise.
- You can use a chair to keep your legs elevated or place your feet on the wall.
- Keep your neck in alignment with your back while performing the exercise

## Elevated Chair Sit-Ups

Muscle Group  
Targeted: Lower  
& Upper Abs



### Instructions:

**Step 1:** Lie on the ground with your back to the floor and place both legs on an elevated surface (chair, couch, table, etc.). Your calves should be resting on the top of the surface and your legs should be bent at right angles.

**Step 2:** Raise your body towards your knees, keeping your backside on the bench.

**Step 3:** Flex the abs hard at the top of the movement to get maximum contraction.

**Step 4:** Pause for 1 to 2 seconds at the top, and slowly lower back down to the start position. Keep your shoulder blades just off the mat for the entire set.

\*\*\*To perform a crunch properly, the arms should not assist in lifting the head and shoulders. (Avoid bending the neck.) \*\*\*

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### Additional Tips

- Keep your shoulder blades just off the mat for the entire set.
- Add a 5 to 10lb Dumbbell or a bottle filled with water to increase intensity and extend towards heels/feet.
- Crunch and twist to the side, bringing your shoulder toward the opposite knee to target obliques

# Elevated Hip Side Dips

Muscle Group  
Targeted: Obliques  
(Love Handles)



## Instructions:

**Step 1:** Lie on your side with legs stretched out and place your elbow on the floor/chair directly underneath your shoulder.

**Step 2:** Raise your torso and legs creating a 90 degree angle with your body, and rest on your bottom elbow, forearm and hand, and the outside of your bottom foot.

**Step 3:** Maintain a straight line from neck to feet.

**Step 4:** Using a focused, controlled movement, keep your pelvis pointed forward and allow the hips to sink toward the ground.

**Step 5:** Raise your hips as high as you can and squeeze those obliques. **\*\*Hold at the top for two to three seconds. \*\***

**Step 6:** Lower your hips back as low as possible, again. Repeat as many times as possible for 30 seconds then swap sides.

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## Additional Tips

- Add a 5 to 10lb Dumbbell or a bottle filled with water to increase intensity and hold with opposite arm toward ceiling.
- Don't tilt your body forward or backward .



## V-Sit Rotations

Muscle Group  
Targeted:  
Obliques, Lower  
Back



### Instructions:

**Step 1:** Sit tall on the floor at about a 45 degree angle (Your body should be elevated so it creates an imaginary V-shape with your thighs). Place your arms straight out in front of you and bend your knees (You may also hold a bottle, light dumbbell or basketball).

**Step 2:** Pull your navel to your spine and twist slowly to the right and tap the floor to the right of your hips with your hands or tap the floor with the object you are holding.

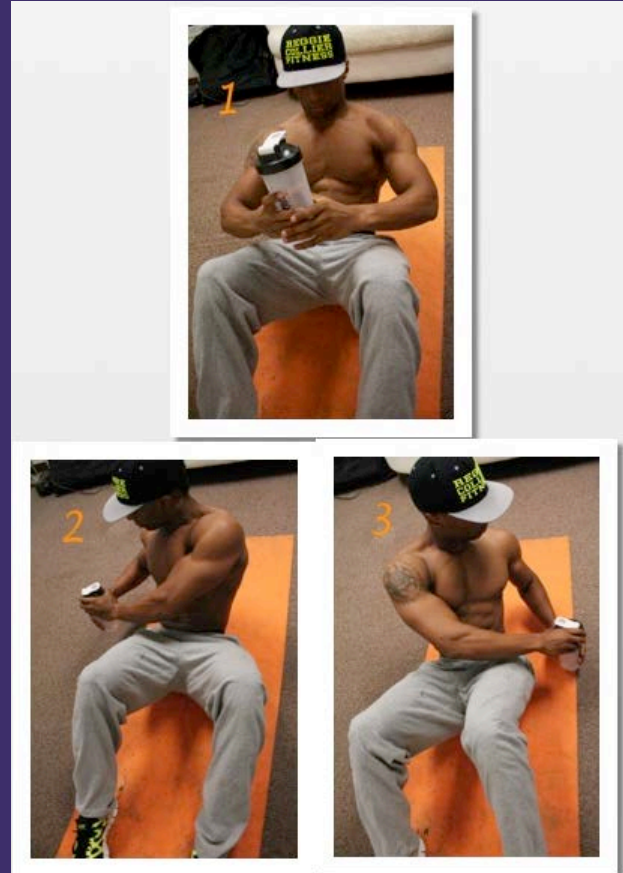
**Step 3:** Hold the contraction for a second and move back to the starting position while breathing out. Now move to the opposite side performing the same techniques you applied to the right side in Step 2.

**\*\*\*The movement comes from the ribs rotating, not from your arms swinging.\*\*\***

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### Additional Tips

- Place your feet under something that will not move or have a partner hold them to stabilize yourself.
- Keep your back straight and try not to let it round.
- Increase intensity by lifting your feet three or four inches off the floor.

# Knee to Elbow Side Crunch

Muscle Group  
Targeted:  
Obliques



## Instructions:

**Step 1A:** Start by lying sideways on the floor or workout mat, balanced on your left side with your legs lying on top of each other. Your knees should be together and slightly bent.

**Step 1B:** You can place your hand on oblique or on the floor with your palm to the floor for balance. The top hand can go behind your head or hold a bottle or light weight to concentrate on keeping the arm movement isolated and focus on the full body crunch.

**Step 2A:** Crunch your elbow towards your right knee/hip. Touch your elbow to knee (if possible, elbow does not need to touch knee) and hold at the top position for one to two seconds. Then lower back to the starting position.

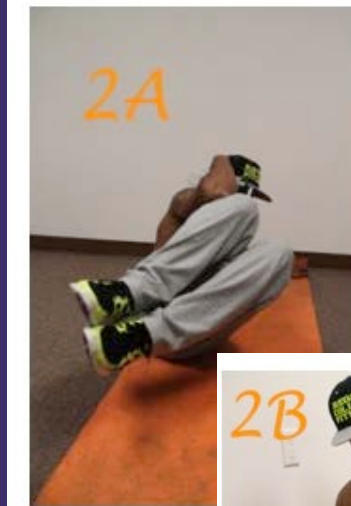
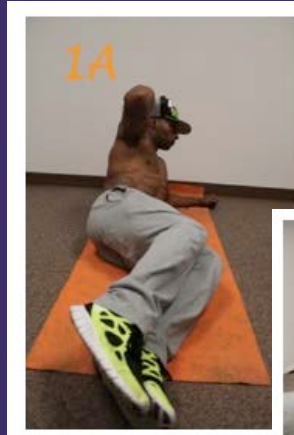
**Step 2B:** Focus on crunching on the side of your body, not the front. Keep your legs in the starting position the entire time. To increase intensity attempt to not let feet touch the ground. Switch sides and repeat for set time.

\*\*\*Never crank the neck during the exercise it should stay in a neutral position through out the exercise \*\*\*

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# Kneeling Cross Crunches

Muscle Group  
Targeted:  
Obliques



## Instructions:

**Step 1:** Kneel on the floor/mat with one leg bent at a 90 degree angle in front of you and the other one bent behind you for balance. (Shown in Example 1)

**Step 2:** Grasp both hands together and stretch both arms to the right side of you rotating from your core and not the hips. Brace your abs in tight and do a cross crunch, bringing your left elbow across your right knee.

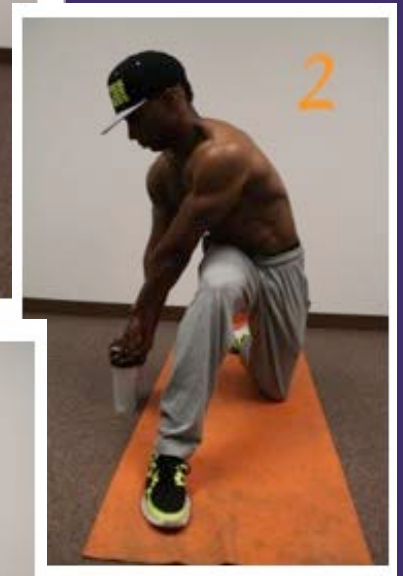
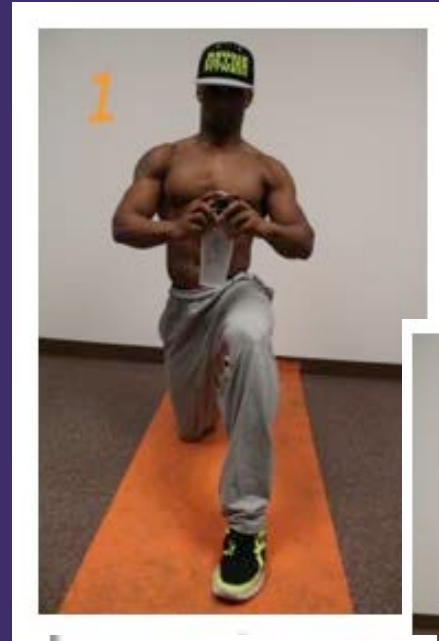
**Step 3:** Slowly contract your abdomen by reaching for your toes/floor and imagine bringing your navel towards your spine at the bottom of the movement. As you crunch the abs, be sure to exhale.

**Step 4:** Open back up and return to the start position. That completes one rep. Complete the required amount of reps for the designated time and switch position of legs and repeat.

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# Lying Pendulum Swings

Muscle Group  
Targeted: Lower  
Abs



## Instructions:

**Step 1:** Lift your legs straight up in the air until the hips are at 90 degrees and point or flex your toes. Put your arms out at right angles to your body with your palms on the floor. Arms should create a 'T' with your body. This is the start of the exercise.

**Step 2:** Slowly lower your feet to the right as far as possible without losing stability. Twisting only at the hips and keeping your legs straight and feet together and slight bent. Lower legs several inches to the right without touching the floor. Go as far as you can under control, keeping your upper back and shoulders on the floor.

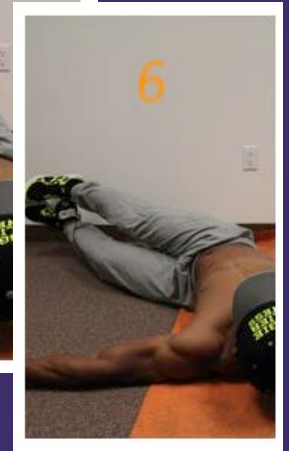
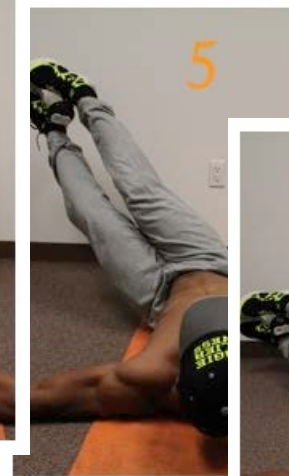
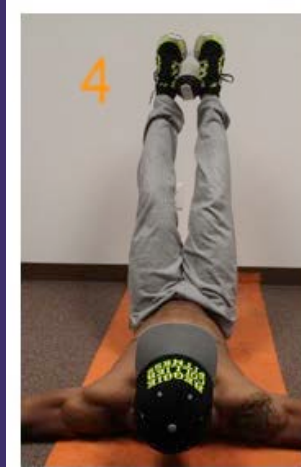
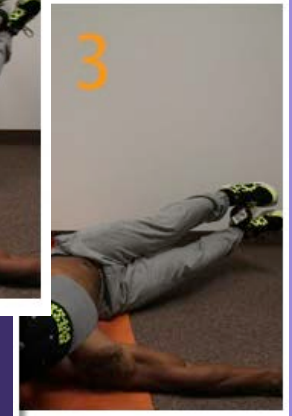
**Step 3:** Do not pause, and raise your feet up and across to the left side. It should be one flowing movement.

\*\*\*This exercise can also be done with a dumbbell or bottle filled with water held between the feet for some added intensity\*\*\*

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# Triangle Leg Raises

Muscle Group  
Targeted: Lower  
Abs



## Instructions:

**Step 1:** Lie on the floor with legs straight and toes pointed. Lift legs about 2 inches off the floor. Bring your shoulders off the ground and place both hands behind your head or under your glutes with your palms down. This will be your starting position.

**Step 2:** Simultaneously, extend both legs away from each other creating the base of the triangle as if you were drawing the bottom part with your toes.

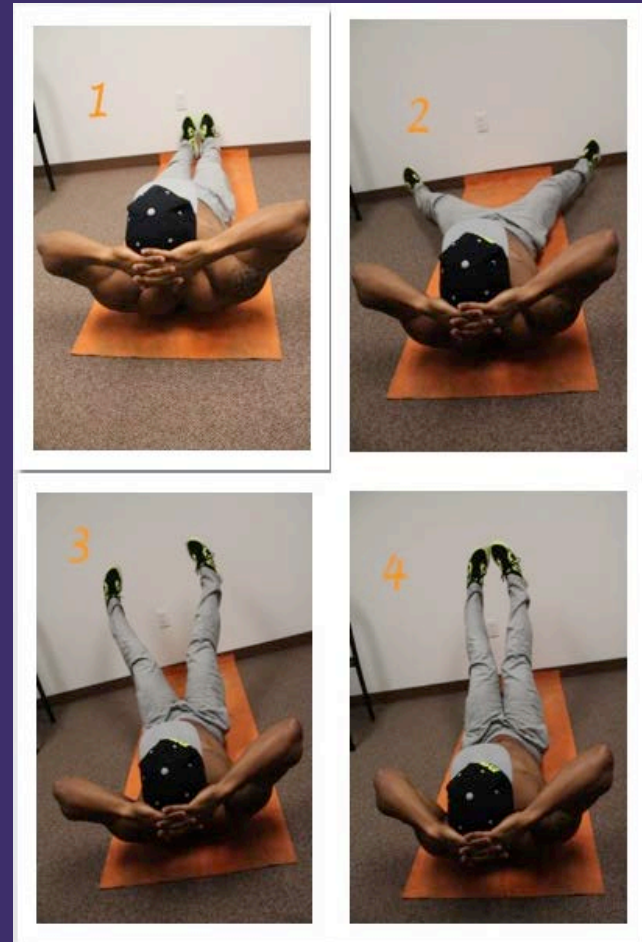
**Step 3:** Lift both legs at the same time bringing them to the point at the top of the triangle. Hold at the top for 1 to 2 seconds.(as shown in Step 4).

**Step 4:** Trace the triangle with both legs back to the starting point in Step 1.

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## Additional Tips

- Keep your shoulder blades just off the floor for the entire set. You should aim to maintain this elevated upper body position throughout the exercise.
- To increase intensity add ankle weights.

# Vertical Leg Crunches

Muscle Group  
Targeted: Lower  
& Upper Abs



## Instructions:

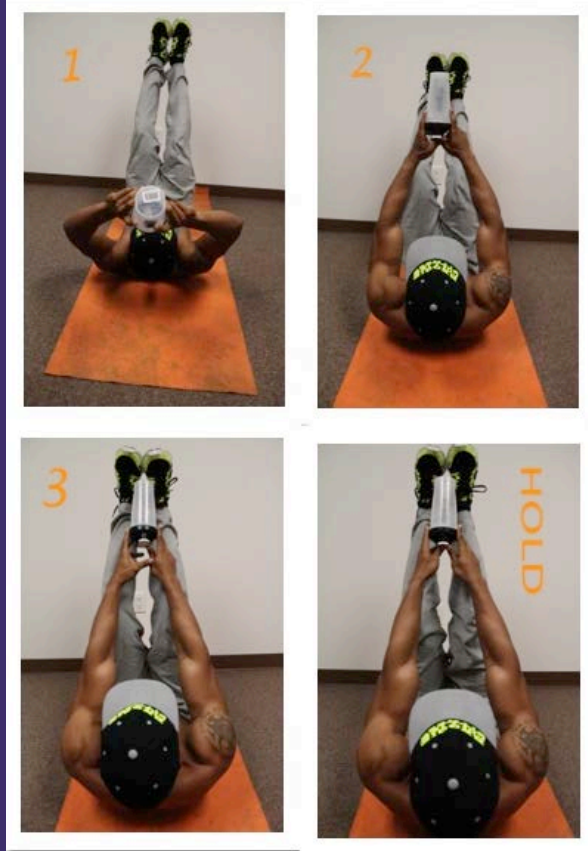
**Step 1:** Lie on the floor and extend your legs straight up (vertically) in the air until they are perpendicular to the floor. Keep your legs as straight as possible; this helps tone the muscles of the thighs and hip flexor.

**Step 2:** Raise your shoulders off of the floor as if you were bringing your chest towards your knees.

**Step 3:** Slowly contract your abdomen by reaching for your toes and imagine bringing your navel towards your spine at the top of the movement. As you crunch the abs, be sure to exhale.

**Step 4:** Pause (Hold) for 1 to 2 seconds at the top, and slowly lower back down to the start position. Keep your shoulder blades just off the floor for the entire set and to ensure maximum abdominal muscle contraction.

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## Additional Tips

- To perform a crunch properly, the arms should not assist in lifting the head and shoulders. (Avoid bending the neck.)
- Add a 5 to 10lb Dumbbell or a bottle filled with water to increase intensity and extend towards heels/feet.
- You can cross your feet if you find this most comfortable or you can keep them side by side if you prefer.