

DOUBLE KNEE LIFT

KEY COACHING FOCUS:

Brace abs to press lower back towards the floor

LAYER 1 (SETUP)

- Fingers under lower back
- Knees in line with hips
- **Draw belly in gently and brace abs to keep lower back pressed toward the floor**
- Lift knees over hips
- Tap feet to floor, maintaining a 90-degree knee angle

LAYER 2

- Engage the core and press back down harder to feel the lower abs working



DOUBLE PULSE CRUNCH

KEY COACHING FOCUS:

Slide ribs to hips

LAYER 1 (SETUP)

- **Chin tucked in – eye gaze to knees**
- Lift shoulders off the floor
- **Slide ribs toward hips**
- Hands extend past thighs

LAYER 2

- Lift your shoulder blades further off the floor



BRIDGE

KEY COACHING FOCUS:

Squeeze glutes to lift hips

LAYER 1 (SETUP)

- **Lie on back – feet on the floor, knees bent**
- Squeeze glutes to lift the hips



CROSS CRAWL

KEY COACHING FOCUS:

Lift shoulder toward opposite knee

LAYER 1 (SETUP)

- Fingertips to temples
- **Chin tucked in**
- Keep elbows wide and off the floor
- **Lift shoulder toward opposite knee**

LEVELS

⇅ Extend leg off the floor



HOVER

KEY COACHING FOCUS:

Brace abs to keep back long and straight

LAYER 1 (SETUP)

- Elbows under shoulders
- Knuckles together
- Knees just outside hip-width
- Lift up on toes, hips to shoulder height
- **Abs braced to support lower back; keep back long and straight**
- Shoulders back and down
- Eye gaze to your fists

LAYER 2

- Lift kneecaps to tighten the quads; push harder through the forearms
- Open the chest to prevent the back from rounding

LEVELS

⇅ To reduce intensity, drop to knees



TRIPLE PULSE C-CRUNCH

KEY COACHING FOCUS:

Slide ribs to hips to crunch up. Keep lower back toward the floor as you lower the legs

LAYER 1 (SETUP)

- **Brace abs to keep lower back toward the floor as you lower legs**
- Fingertips to temples
- Curl up as your knees lift above hips
- Feet and head touch the floor at the same time
- **Slide ribs toward hips**



LAYER 2

- Feel the warmth in your abs; that's muscle tone developing