

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 towards hips**
- Hands extend past thighs
- Fingertips to temples

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



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