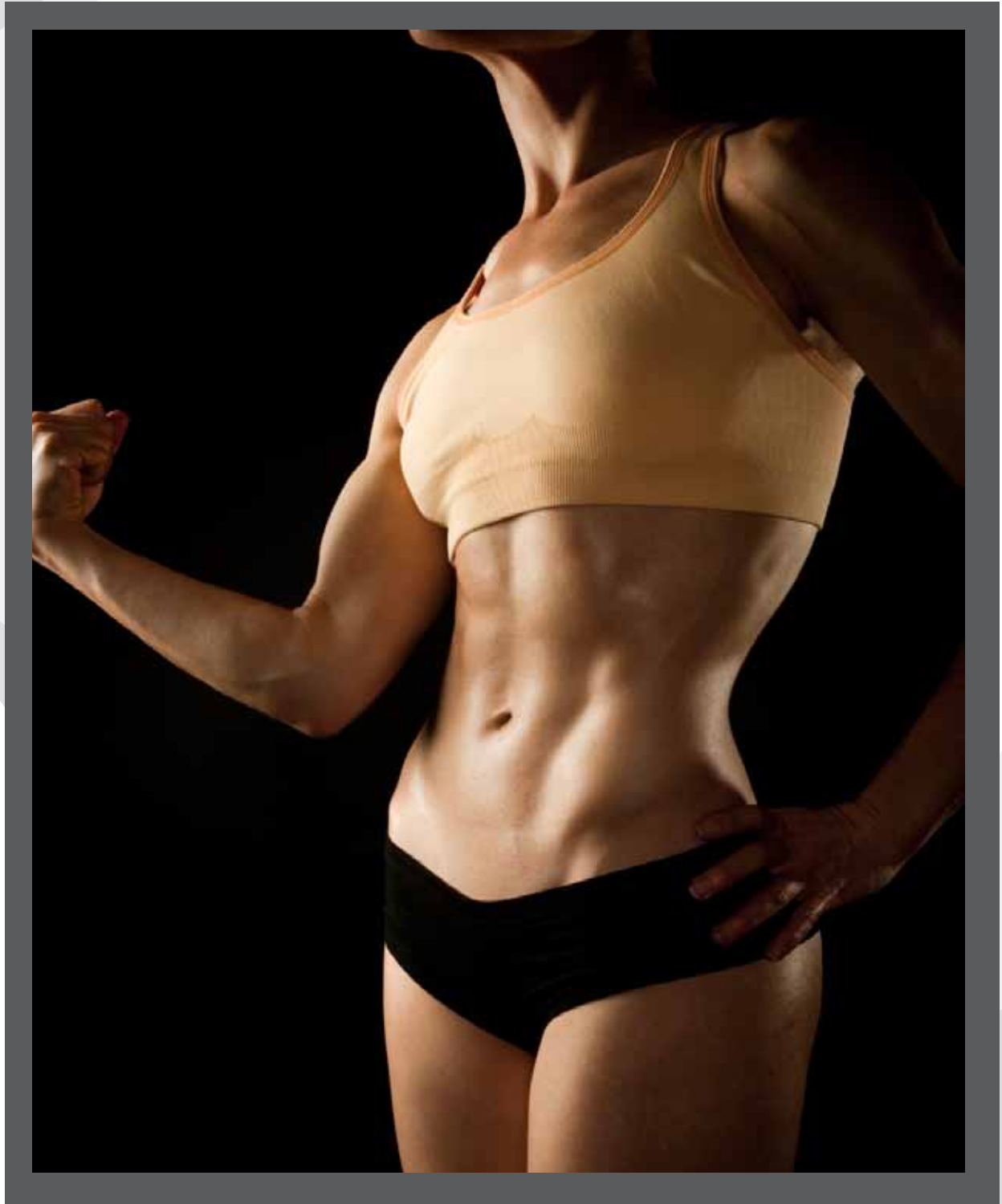




ABSOLUTE ABS & Core



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1

RECTUS ABDOMINOUS, OBLIQUES

High Door Hook Wood Chop x15 Reps



START

Attach the Door Hook to the top position on the door. Grasp both Ripcords® handles firmly together and stand with your chest and upper torso at a 90 Degree angle to the door and Door Hook. Hold both Ripcords® handles together and extend both arms to your right side and up towards the Door Hook



FINISH

Stabilize the core muscles and bring your arms down and forward towards your right knee. Focus on keeping the arms straight throughout the exercise. Return to starting position and repeat. After completing the set on your right side, repeat on the left.

2

RECTUS ABDOMINUS
High Door Hook Kneeling Crunch (Facing Door)
x20 Reps



START

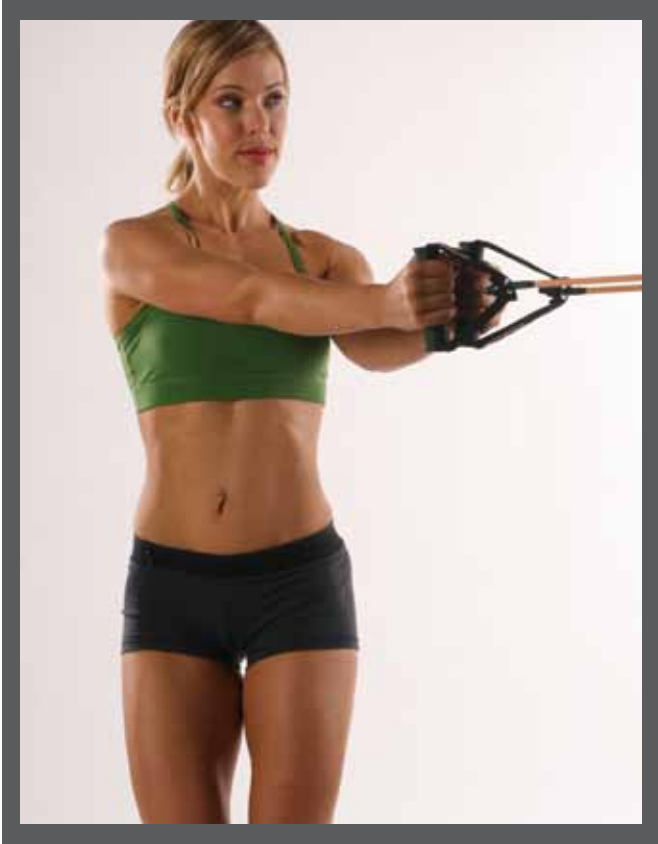
Attach the Door Hook to the top position on the door. Kneel down on the ground facing the Door Hook approximately 2-3 feet away from the door. Grasp one Ripcords® handle in each hand and pull the hands down until they are resting on the shoulders.



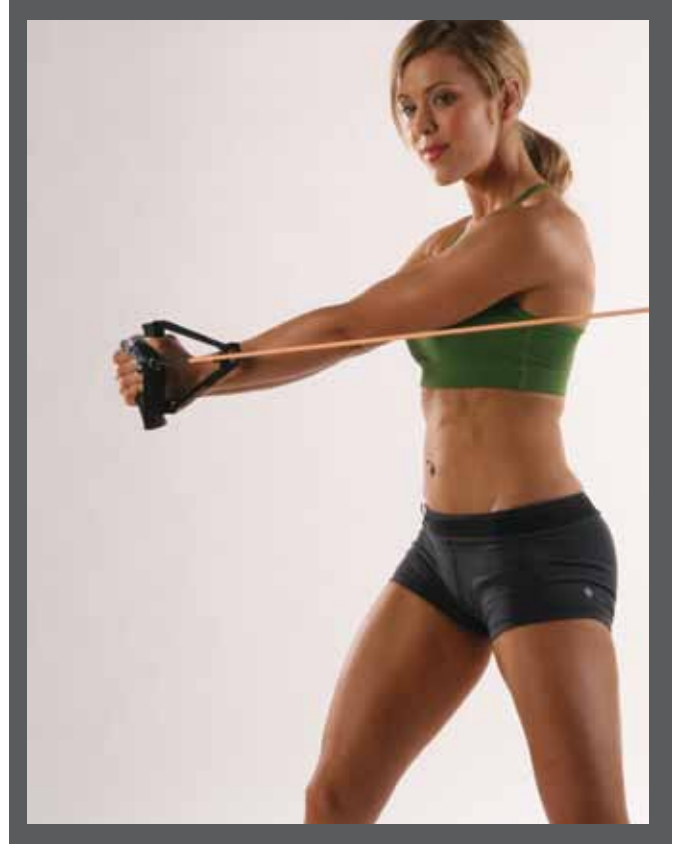
FINISH

Keep the hands resting at the shoulders as you bend your upper torso forward and down towards the floor. Return to starting position and repeat.

3

*RECTUS ABDOMINOUS, OBLIQUES***Mid Door Hook Torso Twist**
x15 Reps**START**

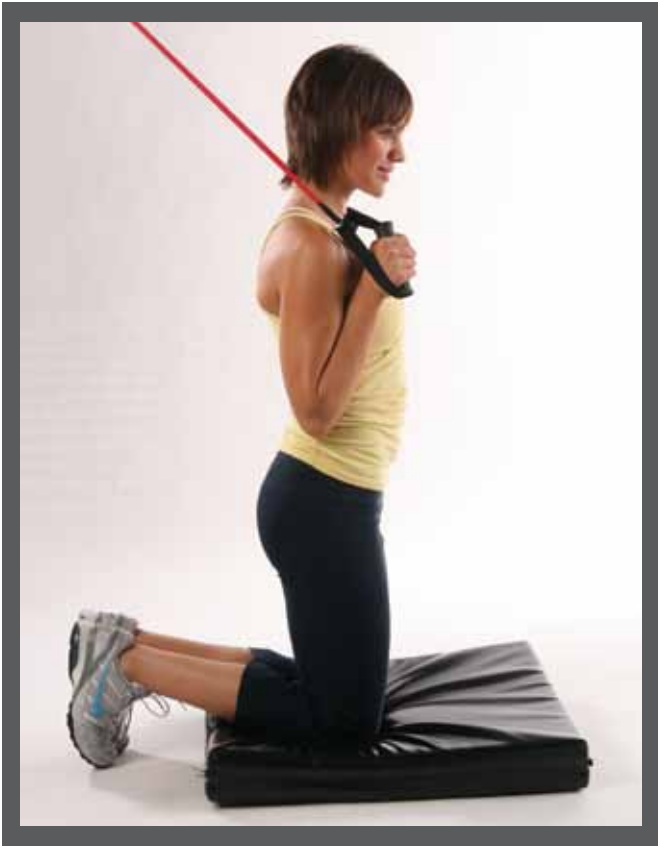
Attach the Door Hook to the mid position on the door. Grasp both Ripcords® handles together and stand with your left shoulder facing the door and your front body angled away. Extend both arms straight towards the Door Hook and stand hip width apart.

**FINISH**

Stabilize the core muscles and twist your upper torso to the right. Keep your hips and legs stationary throughout the movement to isolate the oblique muscles. Return to starting position and repeat. After completing the set on your right side, repeat on the left.

4

RECTUS ABDOMINUS
High Door Hook Kneeling Crunch (Back Facing Door)
x20 Reps



START

Attach the Door Hook to the top position on the door. Kneel down with your back facing the door and grasp one Ripcords® handle in each hand. Bring both arms towards the shoulders until the handles are resting at the shoulders.



FINISH

Keep the hands resting at the shoulders as you bend your upper torso forward and down towards the floor and your elbows towards your knees. Return to starting position and repeat.

5

*RECTUS ABDOMINOUS, OBLIQUES, DELTOIDS***Low Door Hook Upward Wood Chop
x15 Reps****START**

Attach the Door Hook to the low position on the door. Stand approximately 2-3 feet away from the door and grasp both Ripcords® handles together and keep the feet shoulder width apart with your right shoulder facing the door and the body angled away. Keep your core muscles engaged and extend both hands down towards the door hook.

**FINISH**

Pull the hands up and across the body towards the left shoulder. Keep the arms straight and your hips and legs fixed throughout the exercise. Return to starting position and repeat. After completing the set on your right side, repeat on the left.

6

RECTUS ABDOMINUS

**Low Door Hook Band at shoulders Kneeling Crunch (Back to Door)
x20 Reps****START**

Attach the Door Hook to the low position on the door. Kneel down on the ground with your back facing towards the door. Grasp one Ripcords® handle in each hand and pull the cord up and over the body until the hands are resting at the shoulders.

**FINISH**

Keep the hands resting at the shoulders as you bend your upper torso forward and down towards the floor. Return to starting position and repeat.

7

*RECTUS ABDOMINUS***Ball Low Door Hook Lying Down Full Crunch
x15 Reps****START**

Attach the Door Hook to the low position on the door. Safely sit down on the exercise ball with the arch of the low back resting against the ball and then lower your upper body until it is resting on the ball. Grasp one Ripcords® handle in each hand and bring both arms towards the shoulders until the handles are resting at the shoulders.

**FINISH**

Keep the hands resting on the shoulders and bend your upper torso forward and up until your spine is in a vertical position. Try to maintain a straight spine throughout the exercise and focus on a full range of motion to isolate the entire abdominal region. Return to starting position and repeat.

8

*ERECTOR SPINAE, HAMSTRINGS***Standing on the Band Low Back Deadlifts
x15 Reps****START**

Stand on the Ripcords® with feet shoulder width apart. Begin by shortening the length of the Ripcords® by wrapping it one time around your wrists. Lengthen it enough so the Ripcord® isn't tight against the skin, then hold onto the handle. Repeat this for both sides and stand straight up with both hands by your front hips.

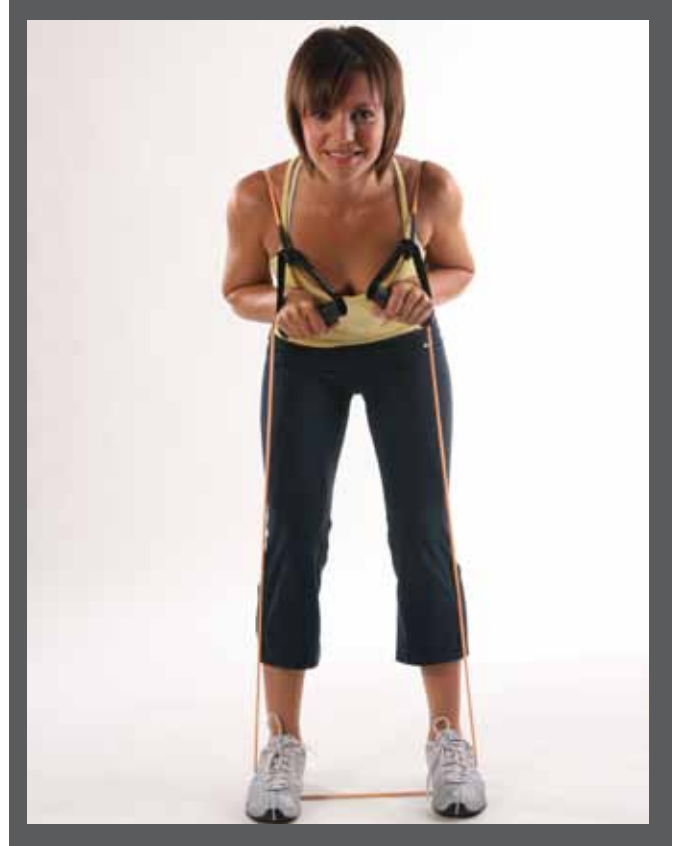
**FINISH**

Keep both legs slightly bent, and your back flat and chest up. Bend forward from the waist, keeping the arms close to front shins. Lower until your hands are 6-10 inches above your feet. Return to the start and repeat.

9

*RECTUS ABDOMINUS***Standing on the Band over the shoulder skiing style crunch
x20 Reps****START**

Stand on the center of the cord and grasp one Ripcords® handle in each hand. Bring the cord up and over the body until the hands are resting on the front shoulders.

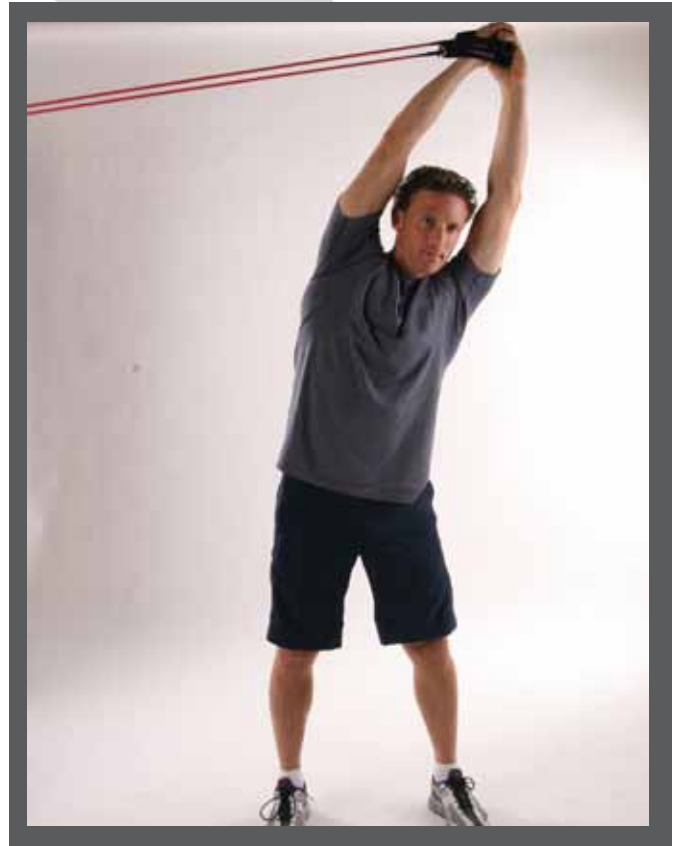
**FINISH**

Keep the hands resting on the shoulders as you bend your upper torso forward and down. This will be very similar to doing a crunch on the ground, except you remain standing. Return to starting position and repeat.

10

*RECTUS ABDOMINOUS, OBLIQUES***High Door Hook 2-Arm Over-Head Side Twist**
x15 Reps**START**

Attach the Door Hook to the top position on the door. Grasp both Ripcords® handles firmly together with your arms extended above the head and hands clasped together. Stand approximately 1-2 feet away from the door with your right shoulder angled towards the Door Hook and upper torso facing away at a 90 Degree angle.

**FINISH**

Keep your back straight and head in line with your spine as you bend the arms and body away from the door to your left side from the hip and waist. Keep your feet in a fixed position to help isolate your oblique muscles during the exercise. Return to starting position and repeat. After completing the set on your right side, repeat on the left.

11

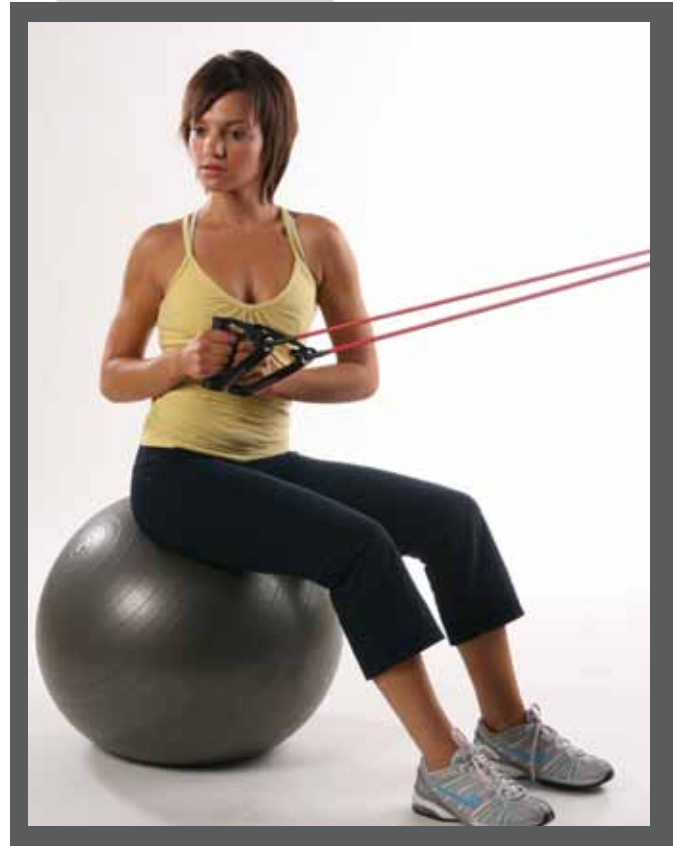
*RECTUS ABDOMINOUS, OBLIQUES***Low Door Hook 1-Handle One-Arm Side Crunch**
x15 Reps**START**

Attach the Door Hook to the low position on the door. Grasp both Ripcords® handles in your right hand and stand approximately 1-2 feet away from the door with your right shoulder facing the door and your upper torso angled away. Keep your right arm extended down towards the Door Hook.

**FINISH**

Stand straight and keep your head in line with your spine as you bend away from the door to your left side from the hip and waist. Keep your feet in a fixed position to help isolate your oblique muscles during the exercise. Return to starting position and repeat. After completing the set on your right side, repeat on the left.

12

*RECTUS ABDOMINOUS, OBLIQUES***Ball Mid Door Hook 2-Arm 1-Handle Side-to-Side Twist(Facing Door)****x15 Reps****START**

Attach the Door Hook to the mid position on the door. Safely sit down on the ball or stand facing the Door Hook with approximately 1-2 feet distance away from the door. Grasp both Ripcords® handles together and pull the hands and arms towards the body.

FINISH

Sit tall with a straight spine and arms fixed in a row position towards the center of the body. Begin to turn your torso to the right while keeping the abdominals tight and contracted throughout the exercise. Return to starting position and repeat on the left side.



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