

## the A.A.B.L. (arms/abs/butt/legs) workout

Duration: 20 to 30 minutes.

Equipment: Light weights, water bottle, soup cans, hard chair.

Space Requirement: living room or office

- The key for this workout is to maintain your speed throughout. It won't be anywhere near as effective if you back off and rest for a minute or more between exercises. Allowing your heart rate to slow down will only cancel out much of the fat burning benefit you'll receive with the A.A.B.L. Workout.
  - Pick one of the exercises in each group and perform those exercises back to back with little or no rest between exercises. Perform each exercise for 30 seconds.
  - At the end of the fourth exercise (in group 4) grab a drink of water, and start again - performing four different exercises from each group. When you reach the end of the fourth and last set of exercises, return to the top and repeat one more complete run through.
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### Example workout:

- Set #1**      Push Ups (30 sec.)                      *from group 1*  
                  Crunches (30 sec.)                      *from group 2*  
                  Walking Lunges (30 sec.)                      *from group 3*  
                  Slow Squats (30 sec.)                      *from group 4*  
                  Rest for 1 minute.
- Set #2**      Up Downs (30 sec.)  
                  Lying Tick Tocks (30 sec.)  
                  Lying Hip Thrusts (30 sec.)  
                  Wide leg Micro Squats (30 sec.)  
                  Rest for 1 minute.
- Set #3**      Weighted Wood Chop (15 sec each side)  
                  Side Plank with hip raise (15 sec each side)  
                  Lunges with Kick Back (30 sec.)  
                  Calf Hops (30 sec.)  
                  Rest for 1 minute.
- Set #4**      One Leg One Arm Row (15 sec. Each side)  
                  Bicycle Abs (30 sec.)  
                  I Leg Dead Lift (30 sec.)  
                  Quarter Ups (30 sec.)  
                  Rest for 1 minute.

*Return to the top and run through again.*

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- Do this workout 3 times a week & have fun!
- Change your exercises every time you use the A.A.B.L. workout.

## Arms (group 1)

- **Pushups**  
On either toes or knees depending on strength. Keep belly button in and head in line with back.
- **Up Downs**  
From pushup position, bend arm and drop down onto elbow on one side, then follow with other. Push back up onto hands and repeat. Ensure athletes use both sides equally.
- **Push Up & Kick Up**  
Get into a push up position, up on toes. Keep belly button in and head in line with your back. When you bend your elbows to perform the push up bring right leg off floor and lift it towards the ceiling. Do 15 on each leg.
- **Windshield Wipers**  
From pushup position, pull belly button in, straighten arms, but do not lock them. Walk hands four spaces to the left, back to center and then walk hands four spaces to the right, keeping feet in place.
- **Chair Dips**  
Sit on chair. Grab front edge of the chair seat with both hands, and slide butt off chair. Keep arms close to your body, make sure you palms are down and fingers over the edge of the seat. Move feet desired distance from chair (farther away = harder). Bend elbows and allow body to sink down until your upper arms are parallel to the floor, keeping your elbows soft and shoulders away from your ears. Press up through elbows until arms are straight. Repeat.
- **One Leg One Arm Row**  
Grab weight in one hand. Stand on opposite foot. Bend forward at waist until body is almost parallel to floor, allowing other leg to rise up behind, keeping it in line with body. Stabilize and using your back, row weight up to side squeezing your shoulder blade in towards your spine. Repeat on opposite arm.
- **Weighted Wood Chop**  
Place feet a little wider than shoulder width apart. Grab weight in both hands. Bend forward from waist allowing knees to bend slightly. Touch weight to outside of left foot. Swing arms up as in a golf swing, keeping arms straight. Twist body until left shoulder is forward and weight is up and above right side of body. Return to start and repeat.
- **Weighted Lying Row**  
From a pushup position, grab weight in one hand. Pull belly button in and row weight up to side. Return to start, switch arms and repeat.
- **Back Flex Squat**  
Stand with feet shoulder width apart and arms at sides. Squat down, lifting arms with elbows lock up above head. Squeeze shoulder blades together. Return to start and repeat.

## Abs (group 2)

- **Crunches**  
Feet up, with knees straight and legs straight up in the air. Crunch up, while breathing out. Keep lower back pressed in to the floor.
- **Leg Raises**  
With thumbs just under butt, keep legs straight and locked. Lift up until legs are almost at a 90-degree angle from body, then return back until 12 inches off floor. Repeat.

- **Floor Sweeper**

Lie on floor, with arms straight out to your sides bracing the body, in a 'T' formation. Lift legs straight up into the air, with feet together and bring feet to the right side of your body, lower feet back down to center and back up to left side of body. With your legs in the air, you'll be making a 'V' with them using your core, and keeping your lower back on the floor.

- **Lying Tick Tocks**

Lie on back, with arms wide for support. Lift legs, lock knees straight. Allow legs to fall over to one side of body, and then pull them back up and fall to other side of body. Repeat.

- **Plank**

Lie on stomach. Lift body up onto elbows and toes. Pull belly button in as far as possible and pull up with Keegals or PC muscle (the muscle if you were urinating and wanted to stop in the middle) then hold as tightly as you possibly can. Hold for 15 seconds.

- **Side Plank with Hip Raise**

Lie on side. Lift body up onto one elbow and one foot with the other foot stacked on top. Drop hip so it almost touches the floor, then press hip as high as possible. Repeat.

- **Spiderman Abs**

In a pushup position, break arms a little. Lift one leg out to the side, allowing knee to bend and lifting foot as far up toward shoulder height as possible. Return to start and repeat with other leg.

- **V Twists**

Sit on floor. Lean back and balance on butt, with feet off the floor. Hold hands out in front of body. Twist shoulders back and forth while balancing on butt.

- **Bicycle Abs**

Lie on back. Lift feet off floor, and place hands on temples. Bring in one knee and touch it with opposite elbow. Switch to other knee and other elbow and repeat.

## Butt (group 3)

- **Walking Lunges**

Step forward with a long step. Bend front leg as it touches the floor, bending down to almost 90 degrees. Ensure knee does not come out over toes. Step forward and repeat with other leg. Keep upper body upright and head looking forward through out.

- **Walking Lunges with Twist**

Step forward with a long step. Bend front leg as it touches the floor, bending down to almost 90 degrees. Ensure knee does not come out over toes. As the knee bends twist upper body toward the lunging foot. Twist back as athlete takes step and repeat on other side.

- **Lying Hip Thrust**

Lie on floor. Bring feet in and place flat on floor in a crunch position. Press feet into floor and press up through hips, driving them high and forming a straight line from knee to upper back. Drop hips down until butt almost touches the floor and repeat.

- **Lunges with Kickback**

Just like with a normal walking lunge except as you step forward, lift your back leg off the floor, keeping it straight, and squeeze your butt before you take your next step.

- **One Leg Dead Lift**  
Stand on right foot, lifting left slightly off ground. Bend forward at waist, allowing left foot to rise behind as a counter weight. Touch toes with hands, then stand up straight, pulling through butt and back of leg. Repeat.
- **Lying Stomach Flutter**  
Lying on floor, lift legs up slightly and flutter kick, keeping belly button in and tensing through back and back of legs.
- **Butt Squat**  
Start with feet shoulder width apart. Squat down until knees reach about 90 degrees. Stand up, pressing hips forward and squeezing butt as you go. Hold the squeeze of your butt at the top for one second and repeat.
- **Ceiling Kicks**  
Start on hands and knees. Keep back straight and lift left leg up and behind you as if you're trying to kick the ceiling with the heel of your foot. Squeeze butt cheek, hold for 2 seconds and repeat with other leg.

## Legs (group 4)

- **Slow Squats**  
With feet shoulder width apart, slowly squat down until knees reach 90 degrees and then slowly return to the start. It should take you 4 seconds on the way down and four seconds on the way up. Repeat.
- **Plyo Jump Squats**  
With feet shoulder width apart, bend until knees are almost at 90 degrees. Explode up, jumping as high as possible. Land with soft knees to sink back down into squat again. Repeat 10 times.
- **Wide Leg Micro Squats**  
With feet wider than shoulder width, and toes pointed out at a 45 degree angle, break knees and sink down about 10 inches. Pulse up and down about five inches there, never allowing knees to lock out.
- **Calf Hops**  
With locked knees, hop up and down just using calves to create movement.
- **Weighted Front Squat**  
Lift weight up and place it under chin, holding with both hands. Keep elbows high, almost at chin level. With feet shoulder width apart, squat up and down.
- **Speed Skating**  
Stand on left foot. Break left knee and bring right foot and leg behind left. Lift arms up to the left side. Press off left leg, lunging to the right, while driving arms toward the right. Land with soft knee, bending slightly and repeat.
- **Weighted Arm Raise Squats**  
With weight in one hand, and arms straight by sides, place feet shoulder width apart. Squat down, lifting arm with weight up in an arc, keeping elbow locked straight. Return to start and repeat.
- **Quarterups**  
With feet shoulder width apart squat down to 90 degrees with your knees. Hold there 10 seconds, then rise a quarter up and hold for ten seconds. Again rise a quarter up (your knees should be still broken but closer to straight here) and hold for ten seconds. Repeat twice.