

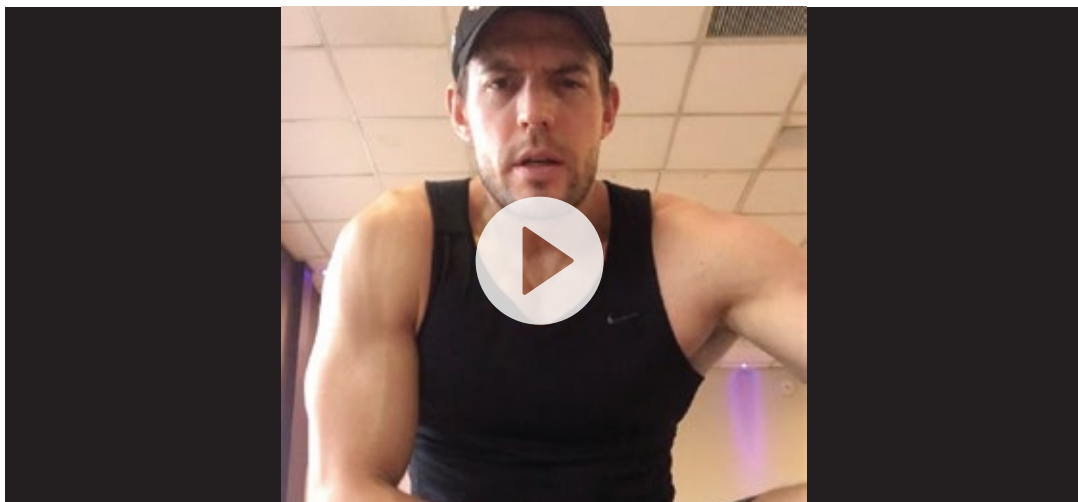


12-14 MAY 2017, NEC, BIRMINGHAM

The most inspiring fitness weekend of the year

LOMAX
BESPOKE FITNESS
NUTRITION & WELLBEING

30 AB EXERCISES YOU MUST BE DOING



If you want to strengthen your stomach fast, you need exercises that engage multiple ab muscles with every rep. This ab tone and ab definition orientated programme in association with Lomax is based on our pick of the best exercises that not only streamline your waist but etch deep into the abdominal muscle.

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Beginner



1. Sit Up

Personal Trainer – Jonny Lomax
Muscles Targeted - Rectus abdominals (6 pack muscles)
Sets - 3
Reps - 12
Speed - Slow
Difficulty Rating out of 10 - 1



2. Jack Knife

Personal Trainer – William Mather
Advanced Technique - Passing the Swiss ball from hands to feet keeps the body in an isometric contraction and adds a difficulty element to standard jack-knife
Muscles Targeted - Whole abdominal region and core
Sets - 3
Reps - 12
Speed - Medium
Difficulty Rating out of 10 - 2



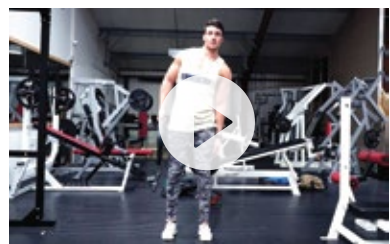
3. Sit Up with Weight Plate Held Overhead

Personal Trainer – Charlie Launder
Muscles Targeted - Upper abdominal, core and shoulders
Sets - 3
Reps - 12
Speed - Medium
Difficulty Rating out of 10 - 2



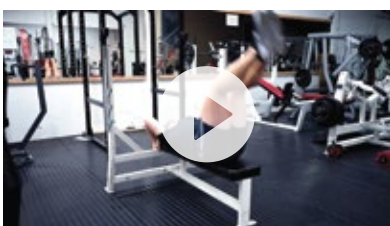
4. Single Leg Jack Knife

Personal Trainer – Sophie Grace Holmes
Advanced Technique - Full jack knife with the addition of single leg jack knives increases the time under tension
Muscles Targeted - Whole abdominal region and core
Sets - 3
Reps - 12
Speed - Medium
Difficulty Rating out of 10 - 3



5. Standing Oblique

Personal Trainer – WHMS
Advanced Technique - Great exercises made harder with the use of heavier weights or cables
Muscles Targeted - Obliques, TVA, serratus muscles
Sets - 3
Reps - 12
Speed - Slow
Difficulty Rating out of 10 - 3



6. Leg Raises

Personal Trainer – WHMS
Muscles Targeted - Full abdominal region and deep core
Sets - 3
Reps - 12
Speed - Slow
Difficulty Rating out of 10 - 3

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7. Hanging Leg Raises

Personal Trainer - WHMS

Advanced Technique - This is a highly challenging version of a leg raise and is a favourite amongst calisthenic experts

Muscles Targeted - Whole of the upper body gets a hit especially upper abs and serratus not to mention spinal stabilisers and back muscles

Sets - 3

Reps - 12

Speed - Slow

Difficulty Rating out of 10 - 3



8. Windscreen Wipers

Personal Trainer - Jonny Lomax

Advanced Technique - This is a highly challenging version of the hanging leg raise and is the precursor to doing flags and levers

Muscles Targeted - Whole of the upper body gets a hit especially upper abs and serratus and obliques not to mention spinal stabilisers and back muscles

Sets - 3

Reps - 12

Speed - Slow

Difficulty Rating out of 10 - 3



9. Bench Crunches

Personal Trainer - WHMS

Advanced Technique - More advanced than the standard crunch as this uses a weight between the feet to focus the tension on the lower abdominals

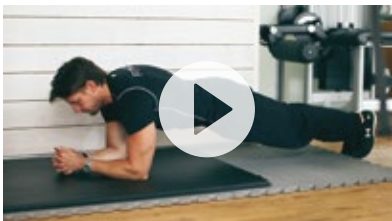
Muscles Targeted - All abdominal muscles with specific focus on lower abs

Sets - 3

Reps - 12

Speed - Medium

Difficulty Rating out of 10 - 4



10. Plank

Personal Trainer - Jonny Lomax

Advanced Technique - Known as an RKC plank. Contracting the whole body by dragging elbows in towards the core and pulling toes in towards the core, activates the deeper core muscles such as the TVA, making this the best basic plank to do

Muscles Targeted - Deep core TVA

Sets - 3

Reps - 1 minute

Difficulty Rating out of 10 - 4

Intermediate



1. Incline Sit-Up

Personal Trainer - James Dabbs

Advanced Technique - Incline Variation with added advance of weight held behind head or on chest to change stress on lower or upper abdominals

Muscles Targeted - Specifically the whole six pack (rectus abdominis) group with focus on upper abdominals

Sets - 3

Reps - 12

Speed - Slow

Difficulty Rating out of 10 - 5



2. Flag Pole Leg Raises

Personal Trainer - Jonny Lomax

Advanced Technique - This version can be upgraded easily into a movement complex, here this version is using a bench to secure yourself as you raise your legs to vertical and then push up on your shoulder into a flagpole

Muscles Targeted - Whole abdominal region with focus on upper abdominals and core

Sets - 3

Reps - 12

Speed - Slow

Difficulty Rating out of 10 - 5

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3. Russian Twist

Personal Trainer – Jonny Lomax

Advanced Technique - Elevating the feet adds another level of difficulty to the standard Russian twist, which means you may need to reduce the weight used

Muscles Targeted - Obliques, lower abdominals, core, shoulders and upper back

Sets - 3

Reps - 24 (12 per side)

Speed - Slow

Difficulty Rating out of 10 - 5



4. BOSU Ball Plank

Personal Trainer – Jonny Lomax

Advanced Technique - Addition of unstable surface using the BOSU ball

Muscles Targeted - Deep core TVA

Sets - 3

Reps - 1 minute

Difficulty Rating out of 10 - 5



5. Russian Twist with Weight Plate

Personal Trainer – Charlie Launder

Advanced Technique - Using a weight plate adds a level of difficulty, which can be increased by extending arms further from the body

Muscles Targeted - Oblique's, core, shoulders and upper back

Sets - 3

Reps - 24 (12 per side)

Speed - Slow

Difficulty Rating out of 10 - 5



6. Swiss Ball Toe Taps

Personal Trainer – Adam Stansbury

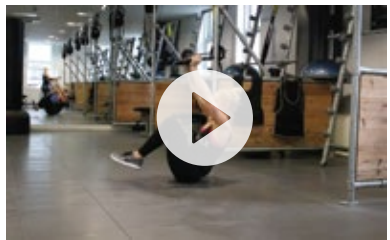
Advanced Technique - Addition of the Swiss ball and the removal of one leg at a time really challenges the spinal stabiliser muscles that make up the core

Muscles Targeted - Deep core TVA

Sets - 3

Reps - 1 minute

Difficulty Rating out of 10 - 6



7. Plate Loaded Jack Knife

Personal Trainer – Charlie Launder

Advanced Technique - Plate loaded jack knife advances the Swiss ball variation

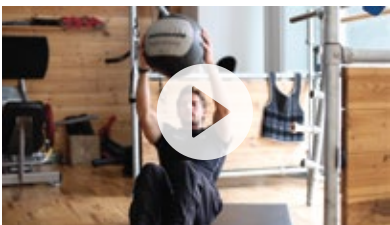
Muscles Targeted - Whole abdominal region, core and shoulders

Sets - 3

Reps - 12

Speed - Medium

Difficulty Rating out of 10 - 6



8. Swiss Ball Plank Crunch

Personal Trainer – Jonny Lomax

Advanced Technique - Advanced technique used here is to elevate feet on Swiss ball and then in addition perform a slow crunch. Instability is increased due to the Swiss ball lateral movements so again TVA is worked hard

Muscles Targeted - Whole abdominal region with specific focus on core especially TVA. Adductor's and shoulders get a hammering too

Sets - 3

Reps - 12

Speed - slow

Difficulty Rating out of 10 - 6

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9. Straight Leg Jack Knife

Personal Trainer – Charlie Launder

Advanced Technique - Plate loaded jack knife using straight legs advances the standard bent leg jack-knife

Muscles Targeted - Moves focus into lower abdominals as well as core

Sets - 3

Reps - 12

Speed - Medium

Difficulty Rating out of 10 - 7



10. Side Plank

Personal Trainer – Sophie Grace Holmes

Advanced Technique - The full bridge side plank is hard enough and with the addition of a single leg crunch it becomes extremely hard

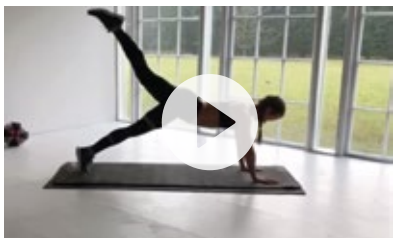
Muscles Targeted - Deep core TVA and obliques

Sets - 3

Reps - 12 per side

Difficulty Rating out of 10 - 7

Advanced



1. Abdominal Complex

Personal Trainer – Sophia Grace Holmes

Advanced Technique - Mountain climber from elbows to hands with single leg crunch into glute kick back

Muscles Targeted - Hits every muscle in the abdominal region and core as well as shoulders, chest and triceps

Sets - 3

Reps - As many as you can do

Speed - Medium

Difficulty Rating out of 10 - 8



2. TRX Plank to Pike

Personal Trainer – Maria Sam

Advanced Technique - Advanced technique used here is to elevate feet in the TRX and then in addition perform a pike movement. Instability is increased due to the TRX 360 movements so again TVA is worked harder than with the crunch version

Muscles Targeted - Whole abdominal region with specific focus on core esp. TVA - Adductor's and shoulders get a hammering too

Sets - 3

Reps - 12

Speed - Slow

Difficulty Rating out of 10 - 8



3. Cable Rotations

Personal Trainer – Adam Stansbury

Advanced Technique - Using cable resistance with rotational exercise in a kneeling or standing position are fantastic core exercises that work all the spinal stabilisers required for sports specific training

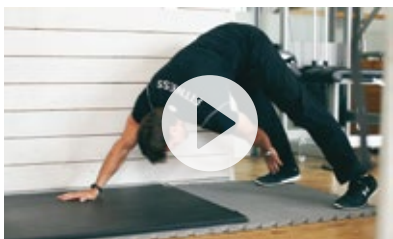
Muscles Targeted - Obliques, lower abdominals, core, shoulders and upper back

Sets - 3

Reps - 12

Speed - Slow

Difficulty Rating out of 10 - 8



4. Abdominal Complex

Personal Trainer – Jonny Lomax

Advanced Technique - This is known as a Tap Plank Complex, and uses calisthenics mobility movements to fully activate the body while under the isometric contraction of the traditional plank

Muscles Targeted - Hits every muscle in the abdominal region and core as well as shoulders, chest and triceps

Sets - 3

Reps - As many as you can do

Speed - Medium

Difficulty Rating out of 10 - 8

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5. Roll Outs

Personal Trainer – Jonny Lomax

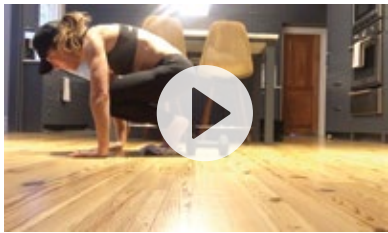
Advanced Technique - Kneeling on the BOSU ball activating deep core with added instability using Pilates orbit
Muscles Targeted - Whole abdominal region and core with specific focus on obliques due to using the BOSU ball.
Adductor's and shoulders get a hammering too

Sets - 3

Reps - 12

Speed - Slow

Difficulty Rating out of 10 - 10



6. Abdominal Complex

Personal Trainer – Hilary Rifkin

Advanced Technique - Another type of plank that introduces another crunching movement this time using a towel as a 'slider' - with the added complexity of having to circle an object in this case a dumbbell. This is a very good sports specific exercise

Muscles Targeted - Deep Core TVA, obliques and total body

Sets - 3

Reps - As many as you can do

Difficulty Rating out of 10 - 10



7. Kettlebell Turkish Get Up

Personal Trainer – Adam Stansbury

Advanced Technique - From the group of exercises used in advanced Kettlebell workouts - the Turkish Get up is another full body activating exercise centred around core stability and the full abdominals

Muscles Targeted - Deep Core TVA, obliques and total body

Sets - 3

Reps - As many as you can do

Difficulty Rating out of 10 - 10



8. Abdominal Complex

Personal Trainer – Jonny Lomax

Advanced Technique - Using the TRX to suspend the body advances the Swiss Ball Plank crunch. Add to this using free movement of the TRX allows you to build complexes such as this pike into oblique crunch movement

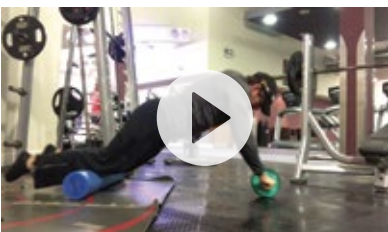
Muscles Targeted - Hits every muscle in the abdominal region and core as well as shoulders, chest and triceps

Sets - 3

Reps - As many as you can do

Speed - Medium

Difficulty Rating out of 10 - 10



9. Abdominal Complex

Personal Trainer – Jonny Lomax

Advanced Technique - Using the crunch and the roll out simultaneously is one of the hardest abdominal exercises you can do. Essentially this is like a weighted jack-knife done 'upside down' - gravity forces the core to switch one as no parts of the body are touching a static surface

Muscles Targeted - Deep Core TVA, obliques and total body

Sets - 3

Reps - As many as you can do

Difficulty Rating out of 10 - 12!



10. Abdominal Complex

Personal Trainer – Jonny Lomax and Charlie Launder

Advanced Technique - Known as acro-yoga, partner based ab exercises can be fun to try and master but hard to perfect!

Muscles Targeted - Hits every muscle in the abdominal region and core as well as shoulders, chest and triceps, glutes etc.

Sets - 3

Reps - As many as you can do

Speed - Slow

Difficulty Rating out of 10 - 12!

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