

# **CHILDREN & ADOLESCENTS ABS-OLUTELY F-AB-ULOUS ABS**

WITH

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If you have questions pertaining to the presentation  
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Thank you in advance for your attention, open-mind and  
enthusiasm!

**HEALTH AND FITNESS FOR LIFELONG WELLNESS!**

# **EXERCISES!**

1. TRUNK CURL
  - i. Traditional
  - ii. Platform
  - iii. Bosu
  - iv. Ball
  
2. REVERSE CURL
  - i. Traditional
  - ii. Platform
  
3. OBLIQUES
  - i. Traditional
  - ii. Ball
  - iii. Bosu
  
4. STABILIZATION EXERCISES
  - i. Planks (front, side, moving)
  - ii. Dead bugs (mat, bosu etc.)
  - iii. One arm one leg combo
  
5. LOW BACK EXERCISES
  - i. Mat
  - ii. Bosu
  - iii. Ball