

The BodyFly® Fitness Basic 15 Exercises

Group 3: Core & Abs (CA)

Bridge March

Primary Muscles Worked: Upper Back, Rear Shoulders
Cable Position: 3-9 o'clock

Set-Up:

- Lay face-up with your head and upper back on the platform, lower back and hips off the platform and lifted, feet on the ground, knees over ankles. This position is called a 'Bridge.'
- Hold a handle in each hand with arms straight, aligned with your shoulders, knuckles together.

Action:

- Maintain this bridge position and 'march,' alternately lift feet a few inches off the ground; keep your body form moving and hips level without rocking as you march.
- The only movement is your feet.

Modifications: Lower hips to the ground to rest as needed , then lift back into Bridge



Bridge March - A Setup



Bridge March - B Execution

Cable Assisted Sit-up

Primary Muscles Worked: Abdominals
Cable Position: 3-9 o'clock



Cable Assisted Sit-ups - A Setup



Cable Assisted Sit-ups - B Execution

Set-Up:

- Sit on the ground, facing the platform. Grasp a handle in each hand, then lay face-up on the ground. with the balls of your feet resting on the platform edge, knees bent.

Action:

- Contract abdominals, exhale, lift head, neck and shoulders off the ground into a crunch. Continue to lift your torso up off the ground until seated upright.
- Use the cable to assist the lift.
- Roll back onto the ground to starting position.

Modifications: Start seated, roll halfway back then return to upright seated position.

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Group 3 Core & Abs (CA)

Held Side Plank 30 sec R/30 sec L

Primary Muscles Worked: Core, Glutes, Hips, Upper Back
Cable Position: 3-9 o'clock



Held Side Plank - A Setup



Held Side Plank - B Execution



Modified



Challenge

Set-Up:

- Kneel to the side of the platform on the ground, place right forearm on top of the platform in line with the cable.
- Hold the cable in your left hand, elbow bent close to rib cage, knuckles point down toward the ground.
- Lift hips off the ground and extend both legs out to the side to stack feet on top of each other, legs straight; your body is in a straight line from head to heels in a Side Plank.

Action:

- Hold the Side Plank position and straighten left arm overhead, contracting upper back muscles.
- Arms and the cable form a straight, vertical line, shoulders are squared forward.
- Hold this position for 30 seconds, lower hips and do the same on the other side.

Modifications: For an easier version, place lower knee on the ground; for more of a challenge, lift the top leg and hold it.

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Plank Side Tap

Primary Muscles Worked: Core, Glutes, Hips
Cable Position: 3-9 o'clock



Plank Side Tap - A Setup



Plank Side Tap - B Execution Side 1



Plank Side Tap - C Neutral



Plank Side Tap - D Execution Side 2

Set-Up:

- Place feet on the platform, then walk hands forward on the ground until you are in a Plank position, wrists aligned under shoulders, arms and legs are straight.
- Your body forms a straight line, head to heels.

Action:

- Maintain Plank; tap one foot on the ground to the side of the platform.
- Return foot to atop the platform and do the same with other foot to the other side.
- Continue to alternate side taps.

Modifications: Lower onto forearms or place knees on the platform and side tap with knees.

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Rotation Lift

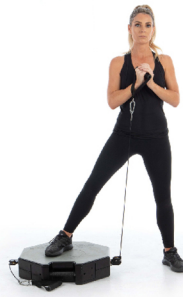
Primary Muscles Worked: Core, Glutes, Hips, Shoulders
Cable Position: 3-9 o'clock



Rotation Lift - A Setup



Rotation Lift - B Prep



Rotation Lift - C
Transition



Rotation Lift - D
Execution

Set-Up:

- Stand sideways to face a cable. Place right foot on top of the platform and left foot on the ground.
- Hold the handle with both hands in a right hand over left hand knuckle grip, arms straight.

Action:

- Prep for the move by rotating your torso, hips and left foot toward the cable.
- Push thru the right foot to start to rotate to the left; bend elbows to pull cable toward your chest.
- Continue to rotate your body, releasing the right heel to straighten arms up and over the left shoulder.
- Bend elbows, lowering arms and rotate body to the left and back to starting position.
- Repeat for 30 seconds, then switch sides and hand grip on the cable, left foot on the platform.

Modifications: Only lift arms as high as you can when you rotate.