

# TOTAL BODY WORKOUT

Photography by James Cheney

## 3-Point Core Touches UPPER AND LOWER ABS!

- Get into plank (push-up) position with your hands on a partner's shoulders
- Stabilize your shoulders and core
- With your leg, reach out (pic. 1), back (start), underneath (pic. 2)
- Once you get your rhythm, turn the tempo up or have your partner shake your leg
- 5-10X per side



## Stuck Like Glue LOWER AB KILLER!

- Place your elbows against your knees
- Have your partner grab your shins and rock back and forward
- You must keep your elbows in contact with your knees!
- Mix it up – slow, fast, or alternate legs as seen in pic. 2
- 30-60 seconds



## Running Man Abs TOTAL ABS!

- Position yourself with toes pointed towards the sky and arms reached out behind
- Focus on your coordination
- Lift, bringing elbow to opposite knee slowly
- Return to starting position and repeat opposite side
- 20X per side



## Leg Drops ABS AND BACK!

- Person on bottom uses core to keep from lifting off ground
- Person on top starts with legs straight up
- Slowly lower legs 6-12" and back up again
- 5-10X



## Side Plank Rotations with High-Five OBLIQUES!

- Begin with your elbow under your shoulder and top leg forward on ground
- Reach and rotate under; feet pivoting
- High-five partner at the top
- 10-15X per side



## Plyometric Sit-ups

- Begin with your feet 6-8 inches from your butt and hands across chest
- Have your partner kneel on your feet if necessary
- Perform a sit-up
- Partner pushes you back toward ground at top of your sit-up
- 30-60 seconds



James Cheney is a filmmaker and photographer with a passion for telling stories about people who do extraordinary things. When he's not editing, filming, or taking photos, he can be found training at Faction Strength and Conditioning, home of CrossFit Memphis. For more information, contact him at [JamesCheney@Inbox.com](mailto:JamesCheney@Inbox.com).



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