



Ken Hughes: TRY THIS WORKOUT

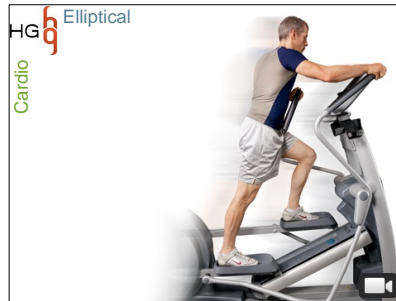
HG Fitness Core Workout



Ken Hughes

Giant Set

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Elliptical Cardio

- Stand upright and push your feet forward, avoid leaning forward with your weight on the handlebars or console.
- If your machine has movable handles, use them to give you more of a total body workout.

SET 1
TIME: 5:00:00 5 minute gradual warmup.

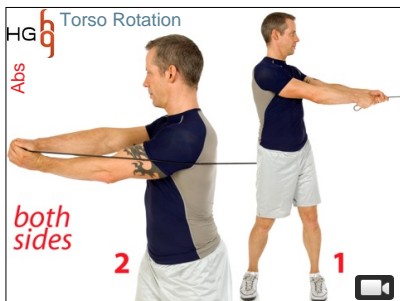


Jumping Jacks Cardio

- 1 - Stand upright with your feet together and your arms by your sides.
- 2 - Jump up, splitting your feet out to the sides.
- 3 - Simultaneously swing your arms up to the sides in an arc over your head.

- Reverse the direction of the movement.

SET 1
TIME: 1:00:00 Active warmup



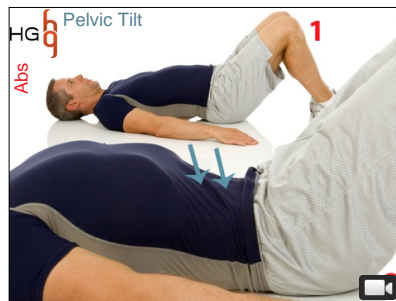
Torso Rotation Abs

- 1 - Stand upright facing to one side, holding a cable in both hands with your arms straight.
- 2 - Twist to the opposite side, turning your head and shoulders, keeping your arms straight.

- Twist back to the starting side, allowing only your hips and shoulders to move.
- Keep your arms straight throughout.

both sides

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Pelvic Tilt Abs

- 1 - Lie on your back with your knees bent and feet flat and your arms at your sides.
- 2 - Tighten your abdominals, pulling your belly button in and up towards your ribs.

- Press your back into the floor, allowing your pelvis to slightly round.

1 set of controlled tilts.

Sets	Reps	Weight	Notes
1	12		
2			
3			
4			
5			
6			



Crunch Reach Abs

- 1 - Lie on your back with your knees bent, feet flat and your hands on your thighs.
- 2 - Lift your head and shoulders off the floor and slide your hands up to your knees, keeping your feet flat.

- Lower your head, shoulders and hands, and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Quad Superman Lower Back

- 1 - Begin on all fours with both knees and hands on the floor.
- 1 - Raise one arm and the opposite leg straight up to shoulder height.
- 2 - Slowly lower your arm and leg and repeat with the other arm and leg.

- Take your time and be sure to maintain your balance.

both sides

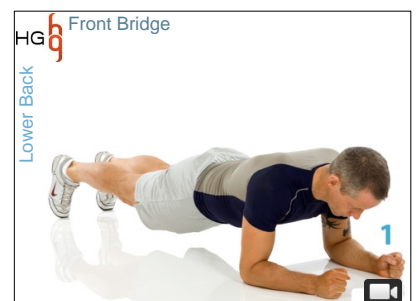
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Bicycle Crunch Abs

- 1 - Lie on your back with your legs straight and your hands to the sides of your head.
- 1 - Raise your head and shoulders, bringing one knee towards your chest and the opposite elbow to this knee, twisting your torso.
- 2 - Lower your upper body and leg to the floor and repeat to the opposite side, using your other leg.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Front Bridge Lower Back

- 1 - Lie face down on the floor with your legs straight and arms tucked in by your sides.
- 1 - Raise your body off the floor, resting on your toes and forearms.

- Try to maintain your body in a straight line and keep your back neutral/flat.
- Hold briefly, then lower yourself back to the floor and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



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Abs

1 - Lie on your back with your legs straight and your arms stretched out overhead.
 2 - Raise one leg straight up while also lifting your upper body off the floor and reach your opposite hand towards your foot, keeping both your arm and leg straight.
 • Lower both and repeat using the opposite arm and leg.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Lower Back

1 - Support your body off the floor in the top of a push up, resting on your toes and hands with your arms straight.
 2 - Raise one hand up toward the ceiling while rotating your body to the same side and look up at your hand.
 • Hold, then lower yourself back to the floor and repeat, twisting up to the other side.

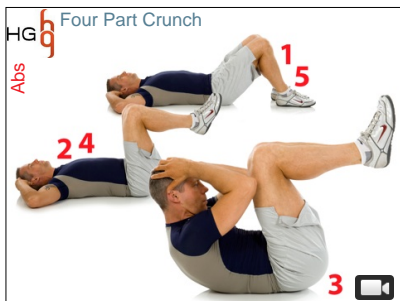
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Abs

1 - Lie on your side propped up on one forearm with your legs straight, one on top of the other.
 2 - Bring your upper body into a side crunch while also lifting your legs straight up off the floor.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Abs

1 - Lie on your back with your knees bent and your feet flat, hands at the sides of your head.
 2 - Raise your feet off the floor, bringing your knees in towards your chest.
 3 - Lift your head and shoulders off the floor, bringing your elbows towards your knees.
 4 - Lower your head and shoulders back to the floor.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			