



8-Week Intermediate Progression

EXERCISE	EXERCISE GUIDE	SETS	REPS
Week 1 & 2 *30-second break between sets			
1. Pelvic Tilt	Page 10, #1	2	20
2. Leg Raises, One Leg	Page 6, #4	3	10/leg
3. Bicycle Kickouts	Page 7, #5	2-3	10/leg
Week 3 & 4			
1. Lateral Tilt (alternate sides without resting)	Page 11, #3	2	12/side
2. Isometric Pelvic Tilt (30-second break between sets)	Page 5, #1	2	45 sec.
3. Vertical Leg Scissors (30-second break between sets)	Page 7, #7	3	15/leg
4. Crunches with Pelvic Hold (30-second break between sets)	Page 6, #2	2	15
Week 5 & 6			
1. Pelvic Tilt, One Leg Straight (alternate sides without resting)	Page 10, #2	2	15/side
2. Side Crunches with Legs (30-second break between sets)	Page 11, #5	2	15/side
(Superset exercise 3 & 4, and then take 45 second break)			
3. Vertical Leg Scissors	Page 7, #7	2	12/leg
4. Horizontal Leg Scissors	Page 7, #8	2	12/leg
5. Crunches with Pelvic Hold	Page 6, #2	1	25
Week 7 & 8			
1. Pelvic Tilt (30-second break between sets)	Page 10, #1	2	20
2. Leg Lower, Two Legs (30-second break between sets)	Page 8, #9	2	6-8
(Superset exercise 3 & 4, and then take 45 second break)			
3. Bicycle Kickouts	Page 7, #5	3	15/leg
4. Alternate Side Crunches with Pelvic Tilts	Page 6, #3	3	12/side