

Norse Advanced Abs 1

This is an advanced exercise program to be used alongside professional advice. You should progress slowly and take your time. It is important to focus on technique to avoid injury and gain the most benefit.

List of Exercises - 25s on, 10s off, 4 sets

Floor wipers

Frog crunches

Hip thrusts

Fingers to toes

Horizontal flutter kicks

Legs up crunch - on ball or sofa

Legs up weighted crunch

www.norsefoundation.com

Disclaimer:

Before you start this or any exercise programme you must get your GP's / medical professional's approval. These home workouts are for informational purposes only and it is not meant as medical advice, nor is it a substitute for medical advice or a medical programme. Anyone experiencing any pain, discomfort, light-headedness, dizziness or becoming short of breath, should stop exercising immediately and consult a doctor/physician. The author is not responsible in any manner for any injury, loss, risk or liability, personal or otherwise, that result from the use of the fitness workout programmes or exercises outlined in this document.