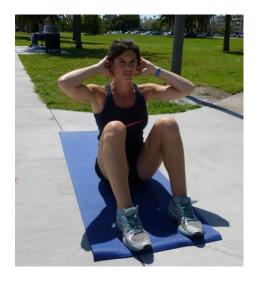
LAURA FORTE FITNESS EXERCISES

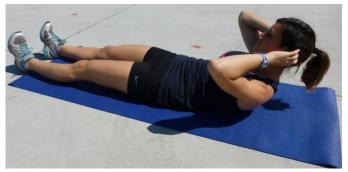
FULL SIT UPS





STRAIGHT LEGGED CRUNCHES





PLANK



*Trainer Tip: Tuck belly button in and keep back flat. Elbows are directly underneath your shoulders.

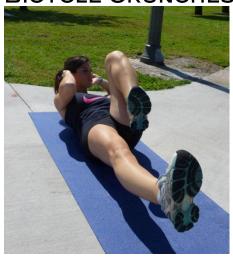
SIDE PLANK - LEVEL 1



SIDE PLANK - LEVEL 2



BICYCLE CRUNCHES





JACKKNIFE CRUNCHES





*Trainer Tip: Keep one leg hovered above the ground and the other leg close to your chest. Crunch straight up while keeping your legs in the same place. For a modification, drop the lower leg to the ground while still crunching.

BODY WEIGHT SQUATS





*Trainer Tip: Keep knees behind the toes. If you can't see your toes, you are too far forward. Pretend like you are sitting back on a chair. Keep arms in front of you for balance.

PRISONER SQUATS



*Trainer Tip: Same as Body Weight Squats but hands are behind the head.

JUMP SQUATS





*Trainer Tip: Keep knees behind the toes just like a body weight squat. Keep your butt LOW!

BODY WEIGHT SQUATS





*Trainer Tip: Keep knees behind the toes. If you can't see your toes, you are too far forward. Pretend like you are sitting back on a chair. Keep arms in front of you for balance.