

# 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.