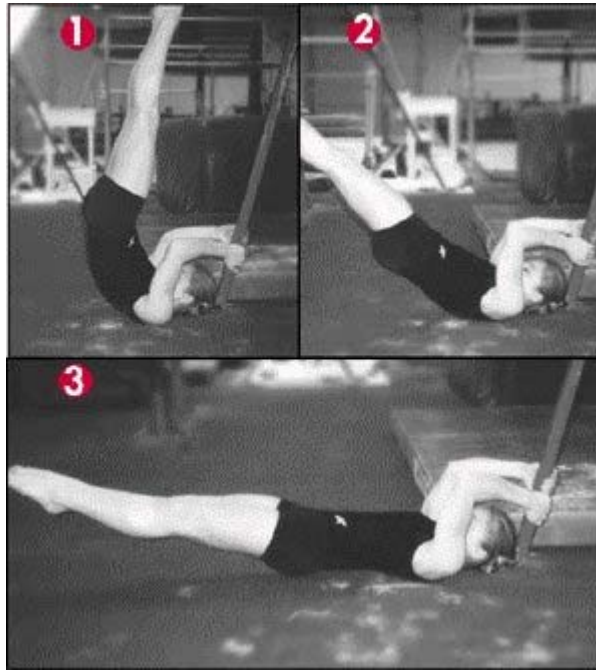


## Condition With The Champions

By Luan Peszek

### Vanessa Adler



#### Body Levers

With your neck on the ground in a candlestick position, hold onto a pole and lower down, again without breaking your straight body (hollow) position. Hold your feet above the ground for about 7 seconds and then go back up again. I do 3 sets of 5. You can really feel this exercise in your stomach area.

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#### Reverse Leg Raises

Lie on your stomach and raise one leg at a time and lower it. Make sure you go slow on the way down and fast on the way up. Don't forget to work both legs. I use 10 lb. weights and do 3 sets of 20. This is great for your legs, especially if you use a lot of weight on your ankles.



#### Bar Levers

Bring your chin above the bar. Lift in a hollow body position to vertical position. Return to the upright position with chin above bar and repeat. I do 3 sets of 6. You can feel your arms burn after this exercise.

- **Bicycle Kicks**

Lie on your back with hands behind head. Kick your legs in and out touching your right elbow to your left knee and your left elbow to your right knee. This exercise works your stomach and is kind of fun.

**NOTE:** These exercises may be difficult for you to do in the beginning. You may need extra spotting until your strength develops. It's important that you work as hard as you can to hit the proper positions.

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