



15-Minute Abs & Back

by Jill Rodriguez, CPT, CSCS

Welcome to Your 15-Minutes Abs & Back Workout

What can you accomplish in 15 minutes 3 times per week by just doing the movement exercises contained in this book?

For starters, this sensible, efficient, and effective workout will

- Improve low back strength allowing you to be pain free
- Improve posture making your abs look & feel flatter
- Improve sports & life performance
- Improve your mood by changing your physical state
- Improve your ability to move with confidence
- Improve your flexibility & Stability

Each exercise was chosen to strengthen all the muscles of your Core. Your Core muscles are loosely described as any muscle from your shoulders to your hips or all the muscles in your torso. Core strength is important because it is the foundation of all your movements.

The exercises in your 15-Minute Abs & Back workout target your Core from the front, back, and sides. Maybe you have experienced back pain or tightness in your hips from doing too many Ab Crunches? This could be due to an imbalanced routine. Not to worry with your 15-Minute Abs & Back workout. This is a complete workout with movements & positions that will leave you feeling

Balanced, Strong, Energized, and Pain Free.

For an extra BONUS I have included Nutrition Guidelines For Great Looking Abs that absolutely must be followed if your goals are to slim down the waistline or go for the coveted Six Pack. Why work so hard building a strong foundation if the fruits of your labor are hiding under a layer of abdominal fat? I guarantee that if you follow my 6 Nutrition Guidelines you will see results to be proud of in minimal time.

Time to get started...

keep me posted on your results!

Coach Jill

Workout Guidelines for 15-Minute Abs & Back

1. Beginners must cycle through the Phase 1 circuit for 4 weeks (or when the exercises become too easy) before advancing to Phase 2 and then on to Phase 3 the same way.
2. Perform this workout 3 times per week before your regular workout OR on a separate day.
3. Each exercise should be performed one after the other in a circuit fashion.
4. After you have completed all 4 exercises in each circuit, rest 1 minute, then resume the circuit up to 3 times total.
5. Do not rush through your exercises. Pay attention to your position and movements. These exercises are to be performed in a controlled manner and with precise form.
6. One final tip, during each exercise, brace your abdominals as if someone is about to tickle you. This will keep your back free from strain.

Phase 1, 2, & 3 Workouts

Phase 1

Front Plank	Hold 30 Seconds
Glute Bridge	Do 15 reps
Modified Side Plank	Hold 15 seconds, then switch sides
Quadrupeds	Hold 15 seconds, then switch limbs
Rest 1 minute then repeat circuit 1-3 times	

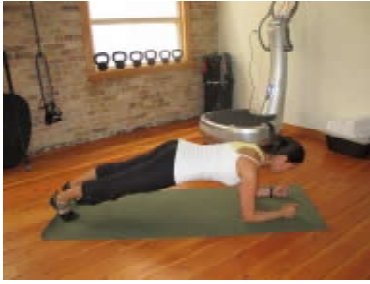
Phase 2

Front Plank	Hold 45 Seconds
Glute Bridge/Ball Squeeze	Hold a ball between the knees & do 15 reps
Staggered Feet Side Plank	Hold 30 seconds, then switch sides
Quadrupeds with movement	Do 15 reps, then switch limbs
Rest 1 minute then repeat circuit 1-3 times	

Phase 3

Front Plank on Stability Ball	Hold 45 Seconds
Single Leg Glute Bridge	Do 15 reps, then switch legs
Full Side Plank	Hold 30 seconds, then switch sides
Quadrupeds At Hands & Toes	Hold 15 seconds, then switch limbs
Rest 1 minute then repeat circuit 1-3 times	

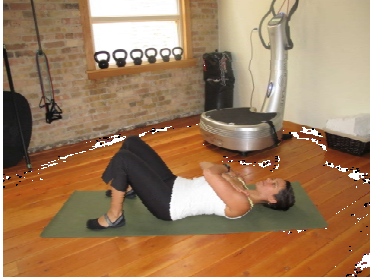
[Watch Exercise Demonstration Video Here](#)



Phase 1

FRONT PLANK

Lie face down, propped up on your elbows
Push into your toes & raise your body up
Brace your abs as if someone tickled you
Look straight at the floor
Don't let your hips drop
If your hips drop, lower down to your knees
Hold this position for 30 seconds



GLUTE BRIDGE

Lie on your back
Cross your arms over your chest
Press your heels into the floor
Lift your hips so that there is a straight line from your knees to shoulders
Perform this movement 15x



MODIFIED SIDE PLANK

Lie on your side, propped up on one elbow
Bend your knees
Lift your hips so you are supported by your forearm and lower leg
Straighten your top leg, foot touching the floor
Focus on lifting your hips up
Hold this position for 15 seconds on each side

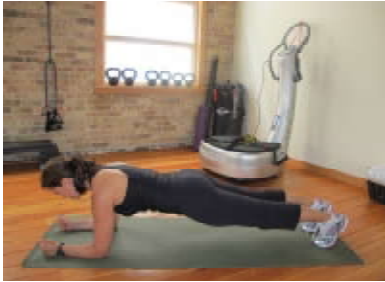


QUADRUPEDS

Begin on your hands & knees
Lift one leg straight out behind you
When you feel balanced, extend your opposite arm forward with your thumb up
Hold this position for 15 seconds on each side
Make sure you are using opposite limbs



Phase 2



FRONT PLANK

Lie face down, propped up on your elbows
Push into your toes & raise your body up
Brace your abs as if someone tickled you
Look straight at the floor
Don't let your hips drop
If your hips drop, lower down to your knees
Hold this position for 45 seconds



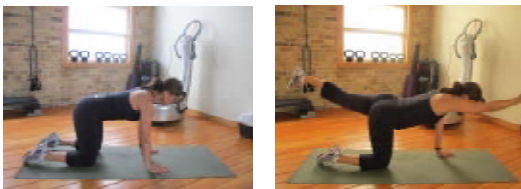
GLUTE BRIDGE / BALL SQUEEZE

Lie on your back
Reach your fingertips to the ceiling
Press your heels into the floor
Squeeze small ball OR folded towel between knees
Lift your hips so that there is a straight line from your knees to shoulders
Perform this movement 15x



STAGGERED FEET SIDE PLANK

Lie on your side, propped up on one elbow
Straighten your legs to the side, with the top leg behind
Lift your hips so you are supported by your forearm and feet
Straighten your top leg, foot touching the floor
Focus on lifting your hips up
Hold this position for 30 seconds on each side



QUADRUPEDS WITH MOVEMENT

Begin on your hands & knees
Lift one leg straight out behind you
When you feel balanced, extend your opposite arm forward with your thumb up
Bring your elbow to meet the knee under your belly
Return to extended position and repeat 15x each side
Make sure you are using opposite limbs



Phase 3



FRONT PLANK ON STABILITY BALL

Begin on your knees with forearms resting on top of a stability ball
Push into your toes and forearms, raise your body up
Brace your abs as if someone tickled you
Look straight at the floor - Don't let your hips drop
If your hips drop, lower down to your knees
Hold this position for 60 seconds



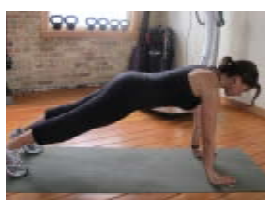
SINGLE LEG GLUTE BRIDGE

Lie on your back
Reach your fingertips to the ceiling
Press one heel into the floor
Lift your hips so that there is a straight line from your knees to shoulders
Perform this movement 15x each side



FULL SIDE PLANK

Lie on your side, propped up on one elbow
Straighten your legs to the side, feet on top of one another
Lift your hips so you are supported by your forearm and foot
Focus on lifting your hips up
Hold this position for 15 seconds on each side



QUADRUPEDS AT HANDS & TOES

Begin in a push up position
Lift one leg straight out behind you
When you feel balanced, extend your opposite arm forward with your thumb up
Bring your elbow to meet the knee under your belly
Return to extended position and repeat 15x each side
Make sure you are using opposite limbs

Nutrition Guidelines for Great Looking Abs

You will have to do more than just these exercises. You need to have a strong foundation and you will get that by phasing through these workouts. In addition you must perform full body weight training AND proper nutrition habits

It has been said that Great Looking Six Pack Abs are created in the kitchen. This is true. So here are a few Basic Nutritional Guidelines for you to follow:

- 1. You must eat breakfast to start your metabolism for the day.** Do not underestimate the power of beginning the day with fuel. My clients who follow these nutritional guidelines are amazed at how much more energy they have throughout the day.

This energy allows you to be more effective at whatever you do. Work, Play, and Working out.
- 2. Eat a small meal every 2-3 hours to keep your metabolism smoldering throughout the day.** To control energy levels, blood sugar and boost metabolism have a small nutrient balanced meal planned ahead so you don't grab the first food item you see or crave.
- 3.** Include lean protein (2-4 oz), vegetables or greens supplement, fruit and healthy fat at each meal. Pay attention to serving size and don't suffer portion distortion.

LEAN PROTEIN EXAMPLES:

Ground beef	Eggs	Cottage Cheese	Whey Protein Powders
Chicken	Egg Whites	Yogurt	Low sugar Protein Bars
Turkey	String Cheese	Tofu	Tempeh
Soy	Wild game		

VEGETABLE + FRUIT EXAMPLES:

Spinach	Apples	Cauliflower	Berries
Tomatoes	Oranges	Broccoli	Avocados
Carrots			

HEALTHY FAT EXAMPLES:

Flax seeds/oil	Olive Oil	Vegetable Oils	Fish Oil
Avocado	Nuts	Nut Butters	Animal Fats

4. Have complex carbohydrates only after your workout when your body can utilize it best to re-fuel. Complex carbohydrates are also known as starches and are made of three or more linked sugars. Grains such as bread, pasta, oatmeal and rice are complex carbs, as well as some vegetables like broccoli, corn legumes such as kidney beans and chickpeas. They take the longest to digest.
5. Eliminate refined carbohydrates completely. To have great looking abs you must eliminate junk food.
6. Do your 15 Minute Abs & Back Workouts 3 times per week.



Coach Jill Rodriguez, CPT, CSCS

Coach Jill Rodriguez provides a sensible and time efficient way for busy people to stay well and fit. Her focus is to help you find a sensible approach to Wellness & Fitness for everyday life.

Jill is a Strength, Conditioning, and Nutrition Coach, and Vibration Training Specialist. She is very excited to be a pioneer in the world of combining traditional fitness and holistic wellness.

Visit www.jilltrains.com to download a FREE copy of 15 minute Abs & Back.

Call now for your FREE, no obligation, private session & consultation with Coach Jill.
773-919-4499.
