

Chris Henning, NASM-CPT

30 **Yards**
or **More** in

30 **Days**
or **Less**



*THE ULTIMATE,
SCIENTIFIC SYSTEM
FOR INCREASING
SHOT DISTANCE*

BACK & ABS - EXERCISE LIBRARY

Back & Abs Exercise Library

Christian Henning, NASM-CPT

Legal Disclaimer

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including 30 Yards or More in 30 Days or Less. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use 30 Yards or More in 30 Days or Less, please follow your doctor's orders.

Back and Abs Exercise Library

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Round 1 Back Preparation Exercises

Prone Knee to Chest (Knee Pull)

- Starting Position: Lay on your back, knees bent with feet flat on the floor (1 foot from buttocks)
- Pull your right knee to your chest.
- Slowly extend your leg all the way out until it is parallel with the floor.
- Do not allow your leg to touch the ground.
- Perform all reps on right side before performing on the left side.

TIP: Pull your knee as far in your chest as possible. You must feel your abs working for this to be effective. It is not uncommon to feel a pinch while performing this move. If you do feel a pinch, reduce your range of motion so this is not felt.



Knee Side Drop Out

- Starting Position: Lay on your back, knees bent with feet flat on the floor (1 foot from buttocks)
- Start with your right leg and lower your knee as close as you can to the floor.
- You should feel a stretch on the inner thigh and activation of your gluteus.
- Return knee to starting position.
- Perform all reps on right side before performing on the left side.



Single Frog Leg

- Starting Position: Lay on your back, knees bent with feet flat on the floor (1 foot from buttocks)
- This move combines the Knee to Chest and the Knee Side Drop Out.
- First perform the Knee to Chest.
- When your knee is as close to your chest as you can get it, perform the Knee Side Drop Out.
- When knee is close to the floor, extend your leg until it is parallel to the floor.
- Pull knee back in to chest and repeat movement.
- Perform all reps on right side before performing on the left side.



Double Frog Leg

- Starting Position: Lay on your back, knees bent with feet flat on the floor (1 foot from buttocks)
- This move combines the Knee to Chest and the Knee Side Drop Out.
- This is done with both legs at the same time.
- First perform the Knee to Chest.
- When your knee is as close to your chest as you can get it, perform the Knee Side Drop Out.
- Try to touch your soles together when both knees are close to floor.

- When knee is close to the floor, extend your leg until it is parallel to the floor.
- Pull knee back in to chest and repeat movement.
- Perform all reps on right side before performing on the left side.



Inch Worm

- Stand with feet together.
- From a standing position with your feet together or slightly apart, engage ("brace") your abdominal muscles to stabilize your spine.
- Gently exhale and bend forward from your hips ("hip hinging"). Try to keep your knees straight (but not locked). Slowly lower your torso towards the floor until you can place your fingers or palms of your hands on the floor in front of your body. If your hamstrings are tight, you may need to bend your knees slightly. Try to keep the spine flat.
- Slowly begin to walk your hands forward, away from your feet. Your heels will begin to rise off the floor. Continue walking your hands forward until you reach a full-push-up position where your spine, hips and head are level with the floor (plank position)
- Slowly begin walking your feet forward towards your hands, taking steps without moving your hands. Maintain a flat spine throughout and continue walking until your feet are close to your hands.





Round 2 Strength Exercises

Single Leg Dumbbell Squat

- Standing up, holding dumbbells at your side.
- Lift your left leg slightly off the ground and balance on your right leg.
- Squat down on your right leg and maintain control.
- Keep your right knee behind your toes.
- Do not allow your right thigh to go beyond parallel. Maintain left foot off the ground.
- Perform all reps on right side before performing on the left side.



Dumbbell Uppercut

- Stand with feet shoulder width apart holding a dumbbell in each hand.
- Bring your hands to hip level or higher position.
- Explosively punch upwards with your right hand crossing over to your left.
- Bring right hand back to starting position and perform same movement with left hand.



Dumbbell Sit-up

- Lay on your back, knees bent with feet flat on the floor (1 foot from buttocks)
- Hold a single dumbbell with both hands straight above your head by fully extending your arms.
- Keep weight balanced above torso and contract abs and sit up.
- Slowly return to starting position and begin again.



Prone Side to Side Lower Body Rotation

- Lie on your back and bring your bent legs up until your thigh bone is perpendicular to the floor and your knees are bent at 90 degrees.
- Inhale and rotate your trunk to one side lowering your legs over. Exhale and compress your abdomen, bringing your legs back to center and then alternating to your other side.
- Make it more challenging by straightening the top leg as you pause in the trunk rotation. Bring the top leg in as you rotate to the other side and extend the other leg. If this feels strong, straighten both legs and continue to control your side-to-side rotations. Avoid arching your spine as you rotate your trunk.



Bicycle Crunch

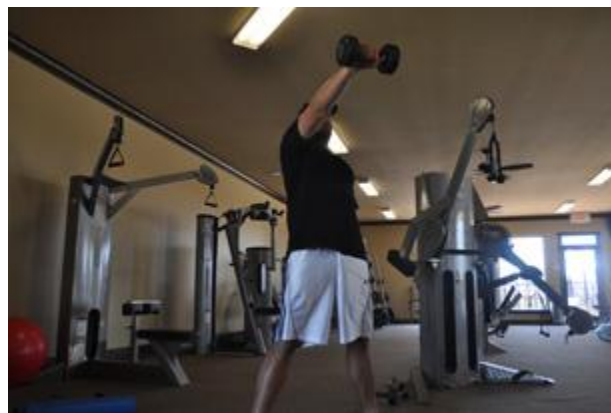
- Lie on your back with your knees bent 90 degrees & hands behind your head.
- Lift your feet off the ground and bring your knees back towards your chest.
- Curl your body off the ground and bring your right elbow to your left knee.
- In the process, you should be able to bring your right shoulder blade off the ground.
- You don't need to curl up any higher.
- Return to the start position.
- Then repeat the movement for the left side.
- Continue to alternate sides for the desired number of reps with each movement counting as a single repetition.



Round 3 Power Exercises

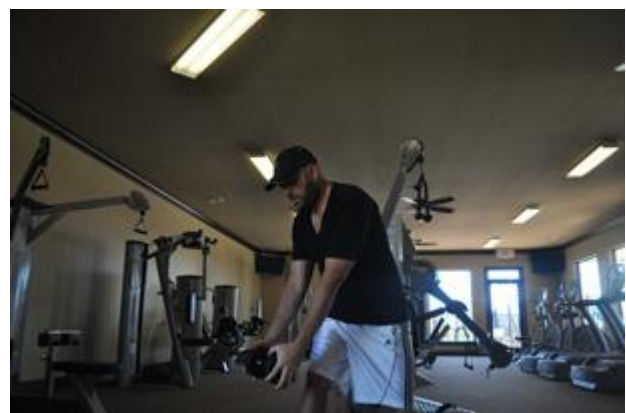
One-Arm Dumbbell Swing

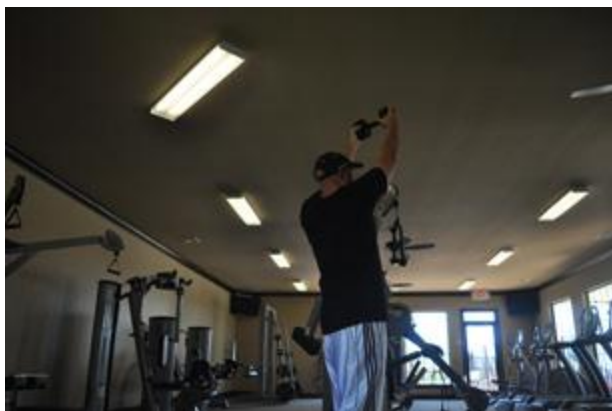
- Grab a dumbbell (or kettlebell) with an overhand grip and hold it with one hand in front of your waist at arm's length.
- Set your feet slightly wider than shoulder-width apart.
- Keep your back straight, bend at your hips and knees and lower your torso until it forms a 45-degree angle to the floor.
- Swing dumbbell between your legs backwards and then pop with your hips to move it forward.
- Keeping your arm straight, thrust forward with your hips driving your heel in to the ground.
- Right up to a standing position.
- Perform all reps on one arm before completing with the other arm.



Dumbbell Woodchop

- Stand with feet shoulder-width apart, holding a 5-pound dumbbell in front of your torso with both hands.
- Engage your abs, keep shoulders down, and squat, bringing dumbbell toward right foot.
- Stand up, using your abs and glutes, while lifting dumbbell diagonally across your body to left shoulder.
- Switch sides (starting to left) and repeat.





Prone Dumbbell Side Press

- Gripping two dumbbells (preferably hexagon shaped – round are too dangerous for this movement) take a pushup position.
- Engage your abs, and row the right dumbbell to your chest.
- Rotating your weight to your left side, push the dumbbell straight in to the air above your head.
- Hold this position for 5 seconds before slowly lowering the weight back to starting position.
- Switch sides (starting to left) and repeat.



Round 4 Core Exercises

Power Sit-Up

- Starting Position: Lay on your back, knees bent with feet flat on the floor (1 foot from buttocks)
- Using momentum from your arms, drive your elbows down towards the ground while sitting up.
- Slowly return to starting position and explosively perform the movement again.
- Perform for same number of repetitions.



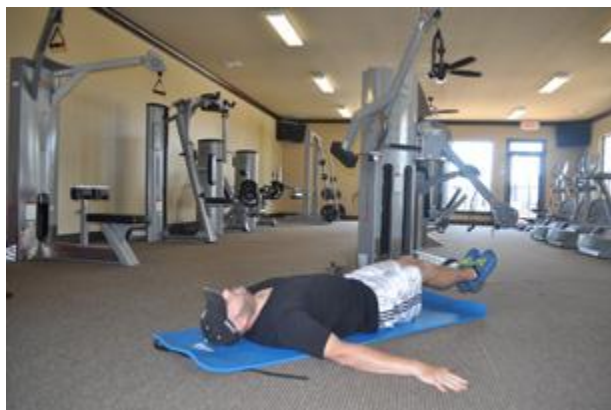
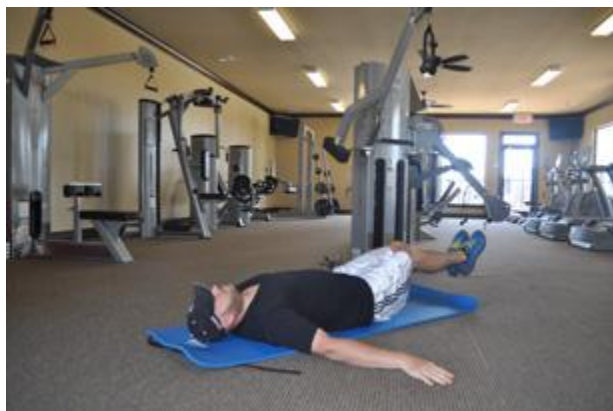
Glute Bridge

- Start by lying face up on ground with arms to side, knees bent, and heels on ground.
- Lift hips off the ground until the knees, hips, and shoulders are in a straight line.
- Lift your right leg up and straighten it parallel to your left thigh.
- Maintain this position for the required time.
- Slowly lower and repeat on other side.



Leg Raise

- Lie flat on your back with arms at your sides.
- Keeping your toes pulled toward your shins, raise both legs up towards you.
- It is fine and good to have a little bend in your knees.
- SLOWLY lower down, this is not an exercise to be performed quickly.



V-Up

- Lie face up on the floor with your arms and legs straight.
- Hold your arms straight above the top of your head.
- In one movement, lift your torso and legs as if you are trying to touch your toes.
- Lower slowly to starting position.



Round 5 Static Exercises

Opposites

- Begin this exercise by placing your hands and knees on the floor.
- Place your hands directly under your shoulders with your knees directly under your hips (as in the photo on Page 1).
- Your back remains flat with eyes focused on the floor. Visualize balancing a glass of water in the middle of your lower back. No spilling!
- From this position, simultaneously extend your left arm and right leg to positions that are directly out in front and behind the torso, respectively.
- Throughout the extension of your arm and leg, maintain a flat back position. Keep balancing that glass of water on your lower back.
- Once both the arm and leg are extended, hold the position for two seconds and then return to the starting position.
- Repeat this sequence with the opposite arm and leg.



Lateral Plank

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Rotate on to your left side and raise your right hand straight above your head.
- Maintain the position for 5 seconds before lowering back to pushup position.
- Repeat with other arm.





Straight-Up Sit-Ups

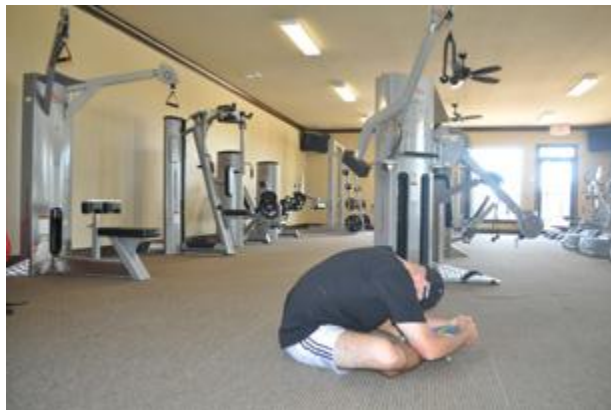
- Keep your legs straight out in front of you rather than bent.
- Begin this exercise by lying flat on the ground with your legs straight. Place your hands behind your head, keeping them loose to prevent pulling on your neck.
- Pull your upper body all the way up to a sitting position, then slowly lower your upper body back down to the ground.



Cool Down Back Healing Exercises

Butterfly Stretch

- Sit on the floor with knees bent and feet together.
- Hold toes down with your hands.
- Tuck your chin and pull your forehead toward your toes.
- Feel your groin, but put emphasis on your lower back.
- Hold for a count of 8.
- Repeat for required number of sets.



Seated Jack Knife

- In a sitting position, extend your legs and place your knees and ankles close to each other.
- Tuck your chin and pull your forehead toward your knees.
- Feel a stretch in your low back. You may also feel this in your hamstrings.
- Stay in this position for a count of 8 after you have felt the lower back stretching.
- Repeat for required number of sets.



Seated Hold and Release

- Sit in a sturdy chair that does not lean back. You also need to be able to grip under the chair. A barstool or kitchen chair should do the trick.
- Grip the chair with your fingers and pull up.
- Keep your back straight and push down with your buttocks.
- Hold for a count of 8.
- Repeat for required number of sets.

