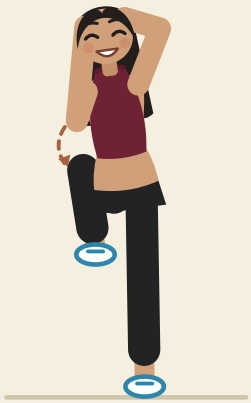
DEEDEE OGAWA · PERSONAL TRAINING

Standing Abs
No Floor, No Mat

1–3 rounds
About 10 minutes
Rest 1 minute between rounds
No equipment needed

01



Knee-to-elbow crunch

10 EACH SIDE

Hands behind your head. Lift one knee and bring the opposite elbow toward it, then switch. Keep your chest lifted.

Obliques · Rectus abdominis · Hip flexors

02



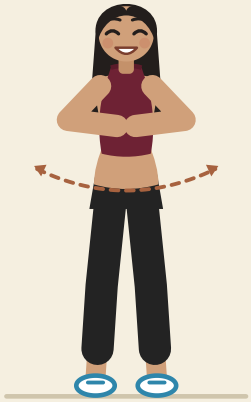
Standing side crunch

10 EACH SIDE

Hands behind your head. Lift your knee out to the side and bring the same-side elbow down to meet it. Then switch sides.

Obliques · Quadratus lumborum

03



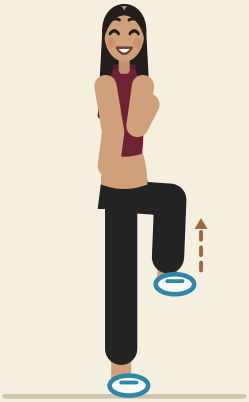
Slow torso twists

10 EACH SIDE

Feet hip-width, knees soft, arms bent at chest height. Rotate slowly from your ribs. Hips stay facing forward.

Obliques · Transverse abdominis

04



Tall marches

30–45 SECONDS

Stand tall, belly pulled in. Slowly lift one knee to hip height, lower with control, and switch. Don't lean back.

Rectus abdominis · Transverse abdominis · Hip flexors

05



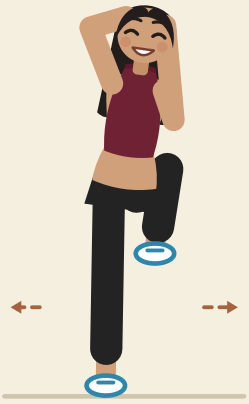
Overhead side reach

10 EACH SIDE

Reach one arm up and over your head as you bend gently to the opposite side. Return to center and switch.

Obliques · Quadratus lumborum · Lats

06



Standing bicycle

10 EACH SIDE

Hands behind your head. Bring each knee up and across toward the opposite elbow, alternating with a little more rhythm.

Obliques · Rectus abdominis · Hip flexors

Before you start

Warm up 2–3 minutes. Breathe out on the effort, and never hold your breath. Fewer reps done well beat more reps done fast. Stop if anything hurts, and check with your doctor if you're pregnant, injured, or have a health condition.

Deedee Ogawa
Personal training · Berkeley, CA
deedeeogawa.com · info@deedeeogawa.com
愛子 · made with love, shared with care