

punching (CRUNCH)



Irish Stratus' *
Block 2
 5 minutes

upper cut (SIDE CRUNCH)



upper body

For the second block, focus on your upper body. For the first minute, punch across your body to the right side with your left hand. Keep your right arm raised in typical boxer form. Perform the move for a count of 30 (or one second per punch). Then repeat with the right hand to the left side of your body. This movement simulates a side crunch.

Next, take a 30-second rest, then move on to upper cuts. "I punch with my right hand while holding my left hand in front of my body as if I had my arm curled around someone's head and I was punching them," says Trish. "Hey, what can I say? I fight for a living!" Do this for a count of 30 on each side. This movement simulates a crunch.

After another 30-second rest, move on to the next set, which Trish likes to call "throwing the bag over the shoulder." Imagine just that: throwing a heavy sac from over your right shoulder to land on the left side of your body. Do this for a count of 30 on each side. This movement simulates an oblique crunch.

bag throw (OBLIQUE CRUNCH)



twist punch (BROOMSTICK TWIST)



Finish by punching each hand across your body, hitting 30 punches alternately to each side while twisting toward the opposite side. This move is similar to the first punching move, but with more twist, simulating a broomstick twist for the abs.

This five-minute block is equivalent to 240 abdominal movements. "I isometrically train my upper body and this is where I hit my abdominals," says Trish. "I derived this program from seeing a boxer's ripped physique [and his training methods]. I incorporate intense movements and utilize what muscle tone I already have."

Trish says a lean midsection indicates a well-trained, strong, athletic body that is well taken care of – and that's the image the WWE Divas try to convey. Plus she adds, "A six-pack is very sexy." She also believes that training and strengthening your abs benefits your posture, strength and other physical functions.

"Everyone has a set of abs – it's a muscle group that is trained secondarily with most movements," says Trish. "It's just a matter of removing the fat so you can see them. There is no quick fix or spot training here, a lean midsection is achieved through a combination of eating properly, drinking tons of water, and cardiovascular activity. No abs, ifs or buts about it!"

calf raise

Trish Stratus'
Block 3
5 minutes



lower body

During the third block, concentrate on your lower body by including calf raises, leg stretches and lunges. First, perform 20 reps of calf raises with toes facing forward. Then do 20 reps with toes facing in, and 20 reps with toes facing outward.



toes straight

toes in

toes out