

Core Exercises

Perform each exercise for 30 seconds, followed by 30 seconds rest, moving immediately on to the next. Build to 45 seconds on, 15 off. 3 minutes rest after all routines are complete. Repeat entire circuit as desired.



Plank - Straight line from ankles to shoulders. Support from toes and forearms.



Bridge - Straight line from shoulders to knees. Feet flat, arms out flat. Add leg extensions keeping thighs parallel.



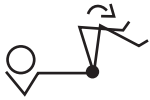
Side Stabilizers - Straight line from feet to shoulders. Support from feet and forearms. Repeat for both right and left sides.



Hydrant - Full extension of opposite leg and arm, keeping a straight line through the body. Switch sides.



Crunches - Abdominal squeeze, lifting shoulders off ground.



Bicycles - Leg rotations. Avoid bringing legs too far in over body.



Full Sit-ups - Avoid using arm momentum to raise body up.



Oblique Crunches - Lift shoulders up, alternate side squeezes, reaching down toward feet with extended arms.



Scoops - From knees over hips, lowering feet down, then away from body, with pointed toes, keeping feet off ground.



Circles - Full leg extension, feet together, pointed toes. Rotate feet in small circles, changing direction half way through.



Superman - Full body extension lying on stomach, holding hands and pointed toes off ground



Sit-up Twists - Partial sit-ups (body at 45°) hands held straight out together, using obliques to rotate shoulders alternate directions.