

CORE WORKOUT

Bicycles



Heel Taps



Scissors



Bicycles, Heel taps, Scissors

Bicycles: Begin lying on the floor face up. Extend one leg fully straight then, as you bring it back in, extend the other leg in the shape of an elongated bicycle. To modify, bring the first leg back to the start position before moving the other.

Heel Taps: Begin lying on the floor face up and legs together. While keeping each leg straight, raise up one leg and tap heel to the ground. Repeat. Modify by keeping one leg on the ground throughout the movement as shown above.

Scissors: Begin lying on the floor face up. Extend legs out wide and bring together.

CORE WORKOUT



Swimmers

Begin lying facedown on the floor. Kick feet up and down in the air almost tapping your heels on the ground whilst moving the opposite arm in synchrony.



Legs Up Crunches

Begin lying on the floor face up and legs together. Raise both legs to be perpendicular to the floor. While in the position, lift head and chest towards the knees. Repeat. This exercise can be done with legs straight up or bent knees.



CORE WORKOUT



Straight Sit Ups

Begin on the floor facing up with knees bent. Begin by pulling up with your lower deep core muscles, without rolling or crunching the upper abs, reach to the ceiling using your deep core muscles. Keep the back slightly arched. Repeat.



Diagonal Sit Ups

Begin face up on the floor with knees bent. Sit up at an angle, bringing one elbow to the opposite knee. Repeat on both sides.



CORE WORKOUT



V Twists

Begin sitting up on the floor with knees bent. Start with feet on the floor. Progress to feet in the air as your ability permits. Keeping the back arched and not slouching, twist slowly from side to side.



Plank

Keeping the core engaged and back straight, hold the plank on the forearms and toes

CORE WORKOUT



Side Plank

Lift the hips up to the ceiling while keeping the body straight. Hold, then repeat on the other side.



Modified Side Plank

The modified side planks are done on the knees and forearms instead of the feet and forearms.

CORE WORKOUT



Plank with Climbers

Begin in plank form. Keeping the hips down and back flat, bring one knee up to the elbow. Repeat on the other side.



Side Plank with Leg Raises

Begin in side plank form. Keeping the hips elevated, raise the non-weight-bearing leg about 45 degrees and gently bring back down. Repeat.

*This can be done on the knees to modify the side plank

CORE WORKOUT



1



2



3



90-90 Core Series

Begin lying on the floor facing up with knees bent.

- 1) Engage core by pulling belly button to the floor. Hold for 5 seconds. Repeat.
- 2) Keeping the core engaged, raise one knee up and tap the heel down. Repeat.
- 3) Keeping the core engaged, raise both knees into the air. Lower one leg at a time as if marching.