

4 Moves

TO STRENGTHEN YOUR CORE



1 PLANK

Keep spine in neutral with ears, shoulders and hips in alignment. Make sure elbows are lined up directly under shoulders. Hold pose for 10-20 seconds.

2 CRUNCHES

Support your head with your hands (avoid pulling on neck). Curl upper body off the floor, head, shoulders and ribcage. Slowly return to starting position.



3 BICYCLES

Lie on the floor face up with hands behind head and both knees curled to chest. Keeping low back grounded to the floor, extend right leg forward while rotating right shoulder toward left knee, then switch sides.

4 ALT T

Start in a straight arm plank position with hands and feet shoulder width apart. Extend right arm to ceiling while balancing on left arm and rotating the torso as one until; careful not to twist at waist. Return to plank and then rotate to other side without dropping down to knees.

