

# Core Strength Exercises

## Vertical Leg Crunch.

- Lie on your back and extend the legs up with knees slightly bent.
- Contract your abs and raise up until your shoulder blades leave the floor.
- Keep your chin up; don't pull on your neck.
- Keep the legs in a fixed position.
- Lift your torso toward your knees.
- Lower and repeat for 10 reps.

## Bicycle Crunch.

- Lie flat on the floor with your lower back pressed to the ground.
- Put your hands beside your head.
- Bring your knees up to about a 45-degree angle and slowly go through a bicycle pedal motion.
- Touch your left elbow to your right knee, then your right elbow to your left knee.
- Breathe evenly throughout the exercise.

## Long Arm Crunch.

- Lie on your back with your arms over your head with hands clasped and arms close to your ears.
- Keep your knees bent with feet flat on the floor.
- Contract your abs and lift your shoulder blades off the floor. Lower and repeat for 10 reps.

## Reverse Crunch.

- Lie on your back with knees bent and feet on the floor.
- Place hands on the floor or behind the head.
- Bring your knees up towards the chest so they bend about 90 degrees.
- Contract your abs and lift your hips off the floor in a very small movement.
- Lower and repeat for 10 reps.

## Plank.

- Start in the plank position with your forearms and toes on the floor.
- Keep your torso straight and rigid and your body in a straight line from ears to toes with no sagging or bending.
- Your head is relaxed and you should be looking at the floor.
- Hold this position for 10 seconds to start.
- Over time work up to 30, 45 or 60 seconds.

## Plank with Leg Lift

- Start in the same plank position as above with your forearms and toes on the floor.
- Keep your leg straight with your toe flexed.
- Slowly raise one leg 5-8 inches off the floor.
- Hold 1-2 seconds and slowly to the floor.
- Switch legs and repeat.
- Do about 2-3 sets of 10 reps.

## Plank with Arm Lift

- Start in the same plank position as above.
- Carefully shift your weight to your right forearm.
- Extend your left arm straight out in front of you.
- Hold 3 seconds while keeping your core tight.
- Slowly bring your arm back to starting position.
- Switch arms and repeat.
- Do 2-3 sets of 10 reps.

# Core Strength Exercises

## **Abdominal Crunch.**

- Lie on your back, bend your knees, placing your hands on the sides on your head.
- Contract your abs and flatten your lower back against the floor, slowly lifting your shoulder blades one or two inches off the floor.
- Exhale as lift, keep your neck straight and chin up.
- Hold for a few seconds (don't hold your breath).
- Slowly lower while keeping you abs contracted.
- Repeat up to 20 reps this perfect form for each rep.

## **Crossover Crunch.**

- Lie on your back with your knees bent and feet flat on the floor.
- Cross your right leg over your left leg so your right ankle is resting on your left knee.
- Place your fingertips to the side of your head just behind your ears.
- Contract your abdominal muscles as though you are doing a crunch.
- Slowly twist your torso and touch your left elbow to your right knee.
- Exhale as you lift up.
- Slowly lower to the starting position (Inhale as you lower).
- Repeat for 10 repetitions and switch legs and do the same number of reps on the other side.

## **Alternating Supermans.**

- Lie face down on a mat with your arms stretched above your head (like superman).
- Raise your right arm and left leg about 5-6 inches off the ground (or as far as you comfortably can).
- Hold for 3 seconds and relax.
- Repeat 10 reps with the opposite arm and leg.