



BICYCLE CRUNCH

Lie flat on the floor with your lower back pressed into the ground and your knees bent. Place your hands behind your head and contract your core muscles. Start a bicycle pedal motion, bringing one knee up towards your armpit while straightening your other leg. Touch your elbow to the opposite knee as it comes up while rotating your torso.

Sets: 4 sets

Reps: 20





ELBOWS TO KNEES SIT UP

Lie flat on the floor with your lower back pressed into the ground. Bend the knees to a 45 degree angle (place feet under a fixed object to make it less challenging). Place your hands behind your head. In a controlled motion, bring your torso up, allowing your elbows to touch your knees while keeping contracting your core muscles.

Sets: 4 sets

Reps: 15

KNEE TO CHEST

Preferably, on a box or a bench, sit down with your body at a 45 degree angle. Make sure to use your hands as support behind you so you don't fall backwards. While contracting your core muscles, in a controlled movement, bring your knees to your chest and then extend them out, straightening both legs.

Sets: 4 sets

Reps: 25



LEG LOWERS

Lie flat on the floor with your lower back pressed into the ground. With your legs straight out, lift them 6 inches off the ground, then lift them up towards the ceiling until you reach a 90 degree angle with your body then lower them back to 6 inches above the ground.

Sets: 4 sets

Reps: 10





MOUNTAIN CLIMBERS

Start off in a full plank, hands below shoulders. While contracting your core and keeping your back flat, perform a running motion, bringing your knees towards your chest with each alternating step, while staying in the plank position.

Sets: 5 sets

Reps: 1 minute

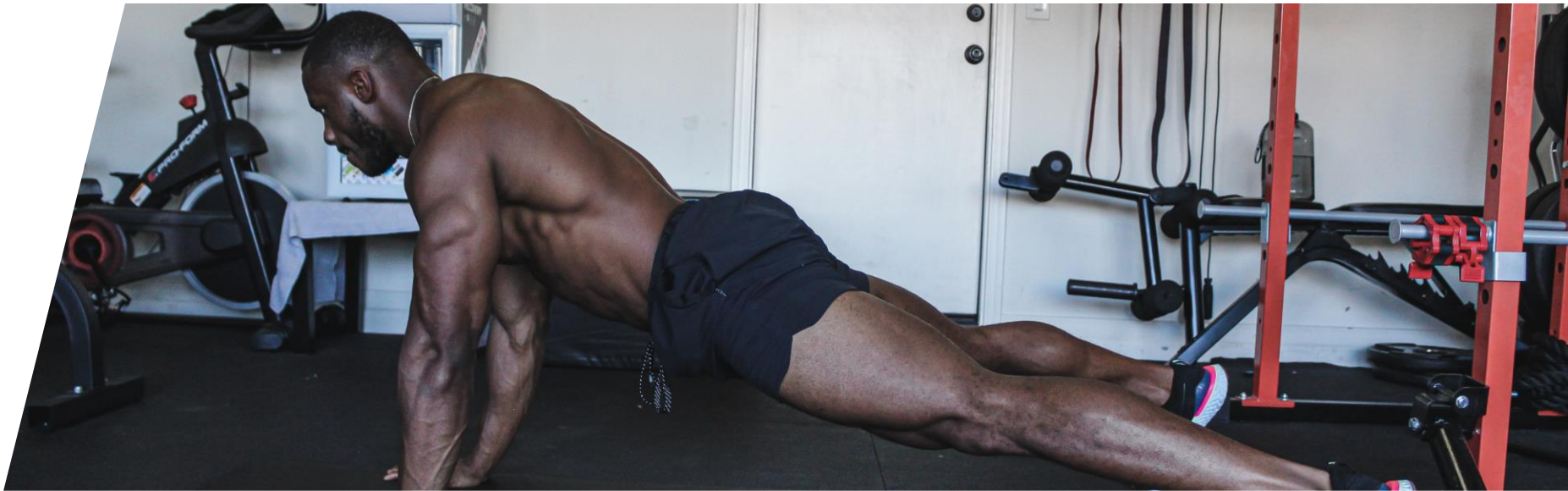


PLANK JACK

Start off in a full plank, hands below shoulders. While contracting your core and remaining in a full plank stance, perform the leg portion of a jumping jack with your legs.

Sets: 5 sets

Reps: 1 minute



SIDE PLANK

Lie on your side, legs extended and stacked from hip to feet. The elbow of your right/left directly under your shoulder, your opposite arm can be aligned along the side of your body. Ensure your head is directly in line with your spine. Engage your core muscles, while drawing your navel towards your spine.

Sets: 2 (each side)

Reps: 1 minute



PLANK

Begin in a half plank position, face down with your forearms and toes on the floor. Your elbows should be directly under your shoulders and your forearms facing forward. Relax your head and gaze at the floor. Engage your core muscles and draw your navel towards your spine. Keep your torso straight and your body in a straight line. Keep the neutral spine position not allowing any sagging or bending of the back or hips.

Sets: 2

Reps: 1



TOE TOUCHES

Lie flat on the floor with your lower back pressed into the ground. Lift your legs up, with the bottom of your feet towards the ceiling. Your legs and body should be at a 90 degree angle. While contracting your core, lift your torso until your hands touch your toes and then back down.

Sets: 4

Reps: 10

