

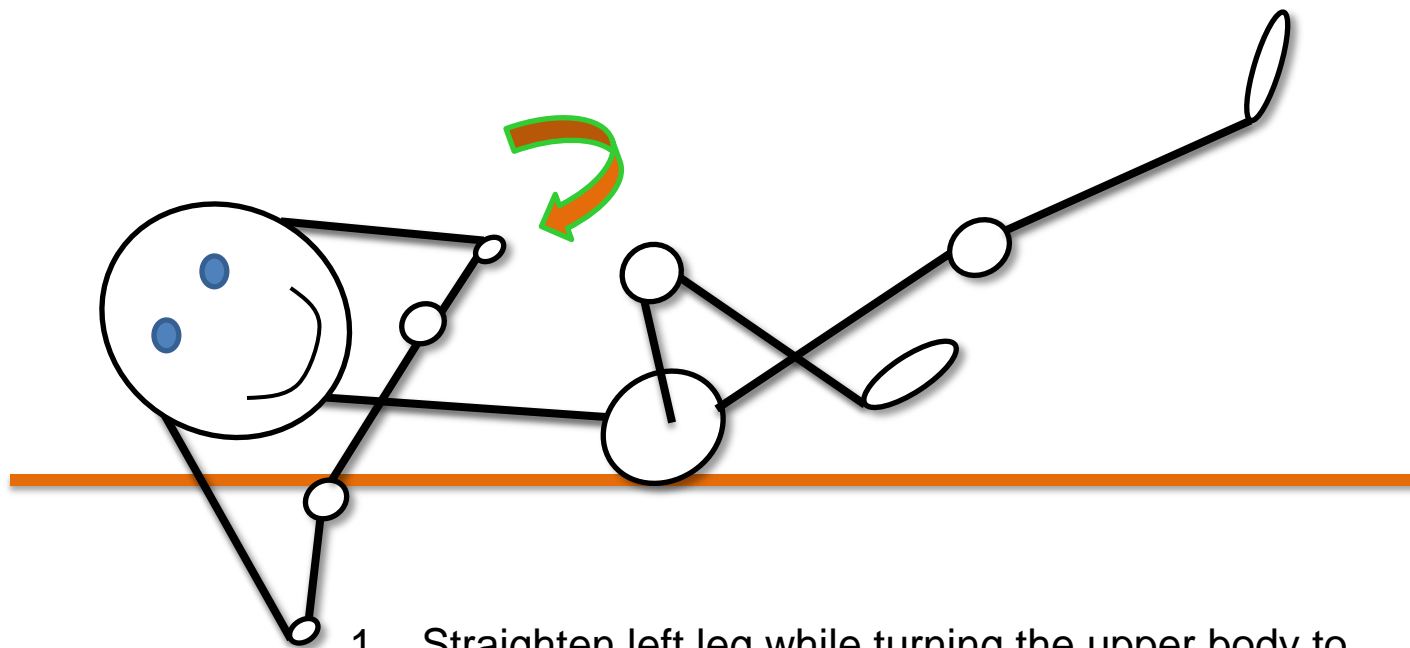


CORE

Training

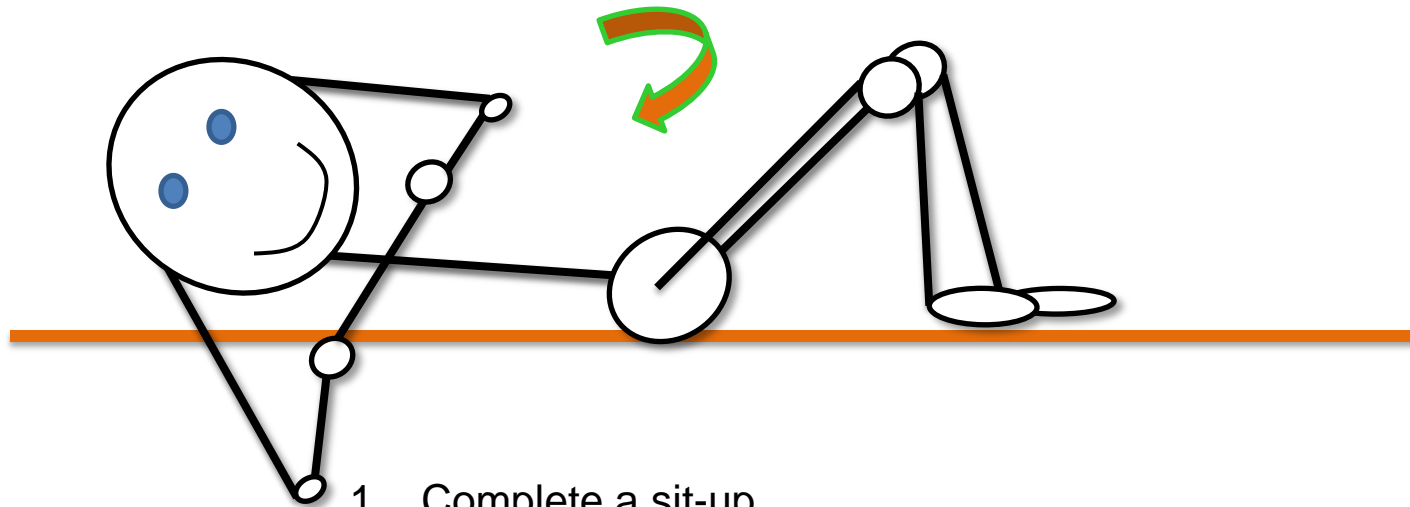


Bicycle Exercise



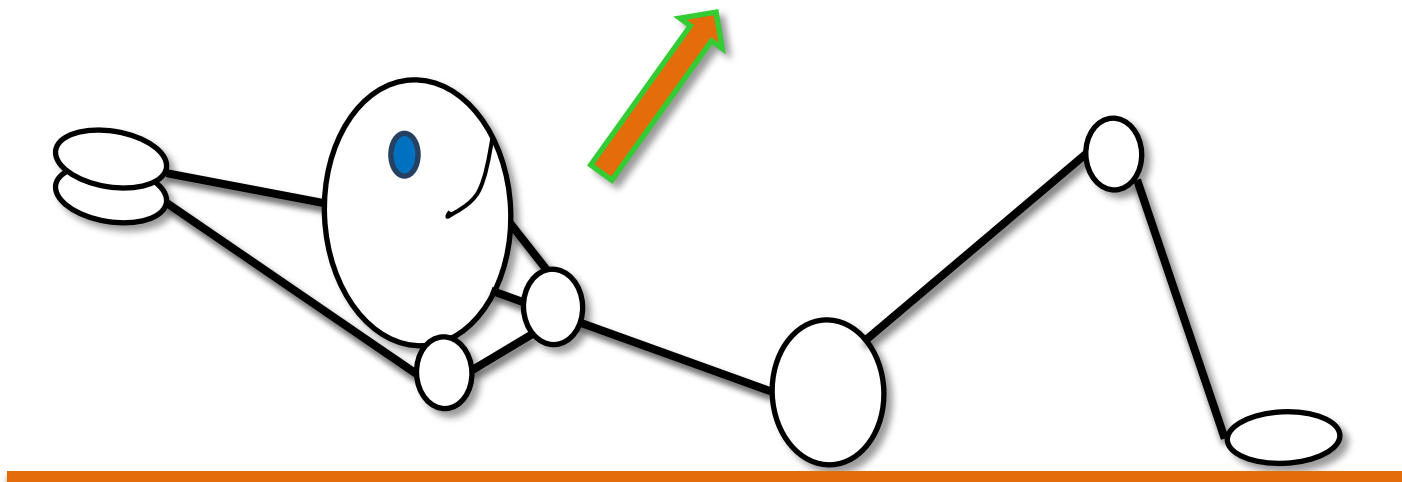
1. Straighten left leg while turning the upper body to the right
2. Bring left elbow towards right knee

Twisting Crunch



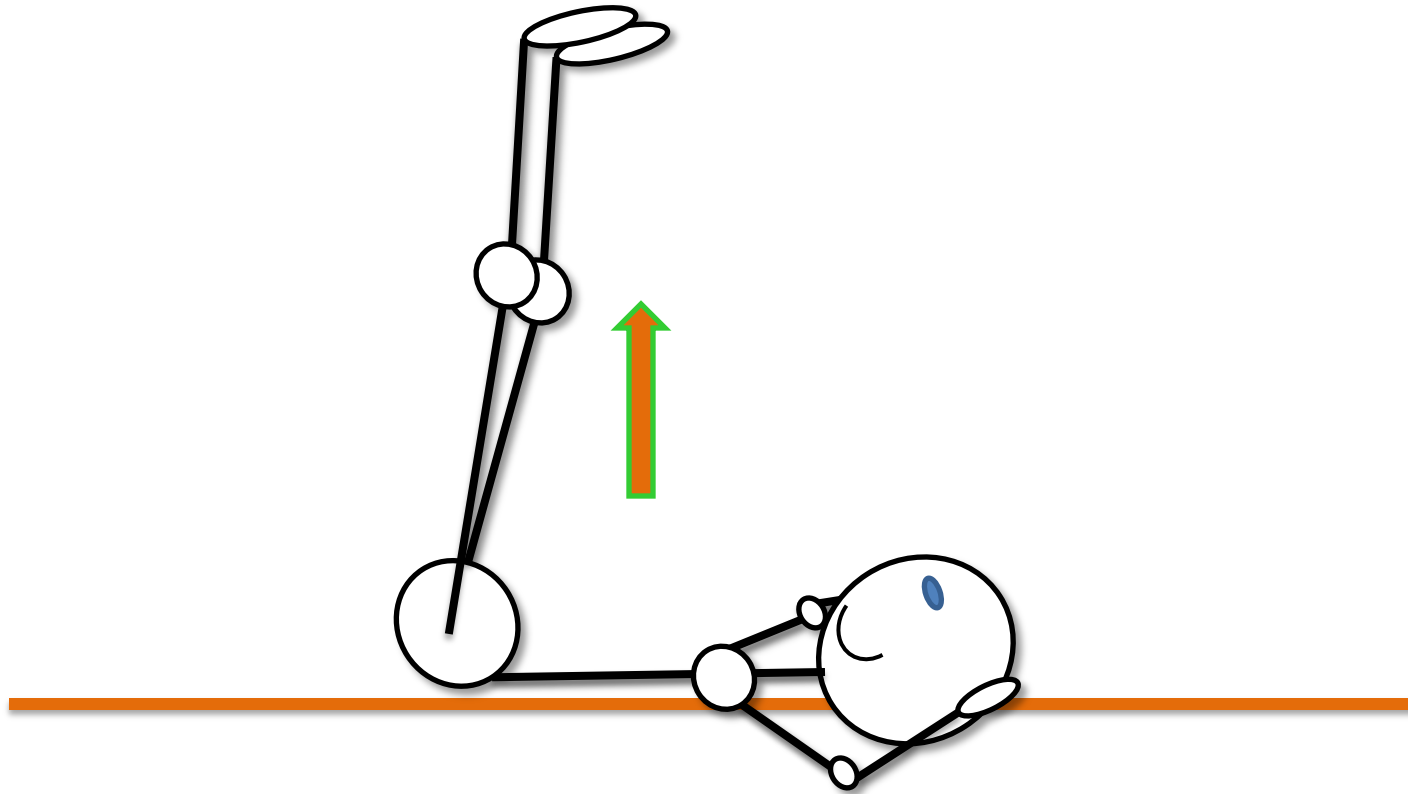
1. Complete a sit-up
2. Bring left elbow towards right knee
3. Return to start position

Long Arm Crunch



1. Contract the abs and lift the shoulder blades off the floor
2. Keep your arms near your ears.

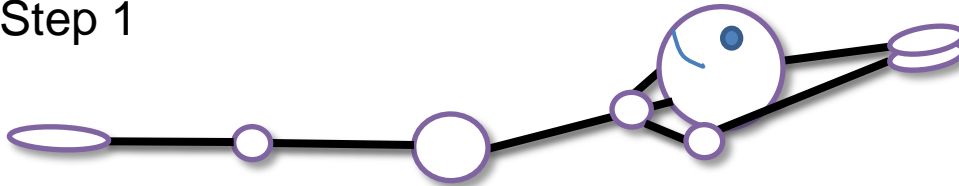
Full Vertical Crunch



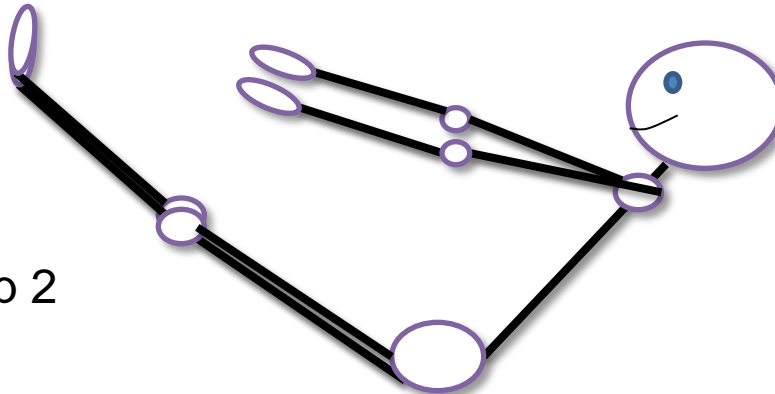
1. Contract abs lift shoulder blades off the floor.
2. Press heels towards the ceiling
3. You want to create a 'U' shape with your torso.

V-Ups

Step 1

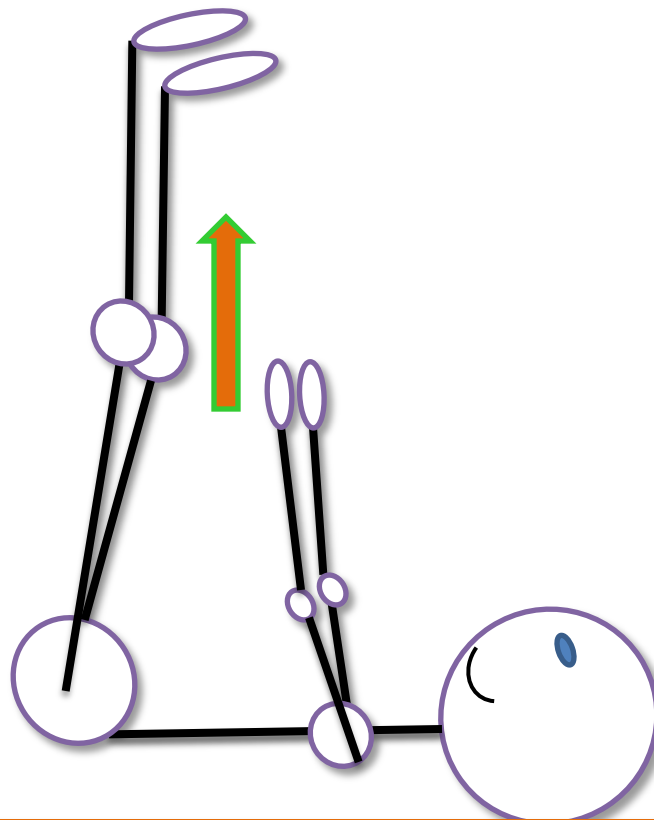


Step 2



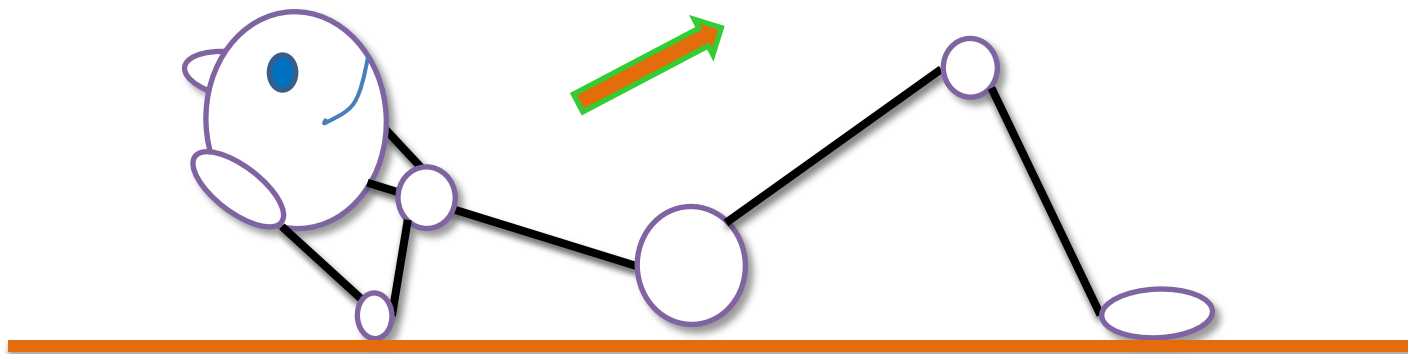
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1. Lie flat on the floor with arms above your head.
 2. At the same time bring your arms and legs off the floor.
 3. Your glutes should be the only thing in contact with the floor.
 4. Slowly lower back to floor

Toe Touches



1. Reach your hands up to touch toes.
2. Shoulders should come off the ground.
3. Modification: Reach and touch knees.

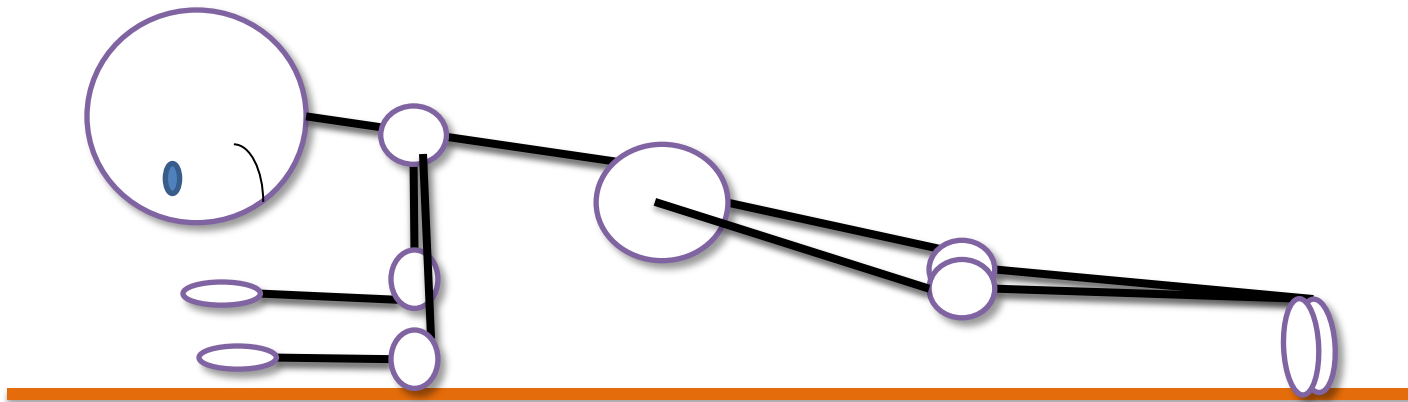
Sit-Ups



1. Sit-up lifting your upper body towards your legs.
2. Do NOT bring elbow to touch knees
3. Contract glutes.

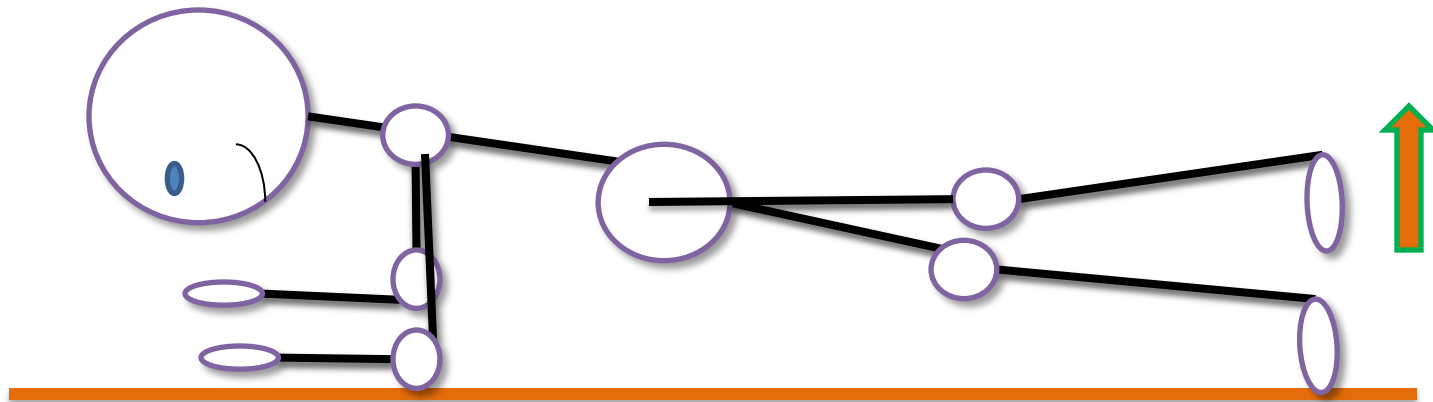
Plank

Elbows and Toes



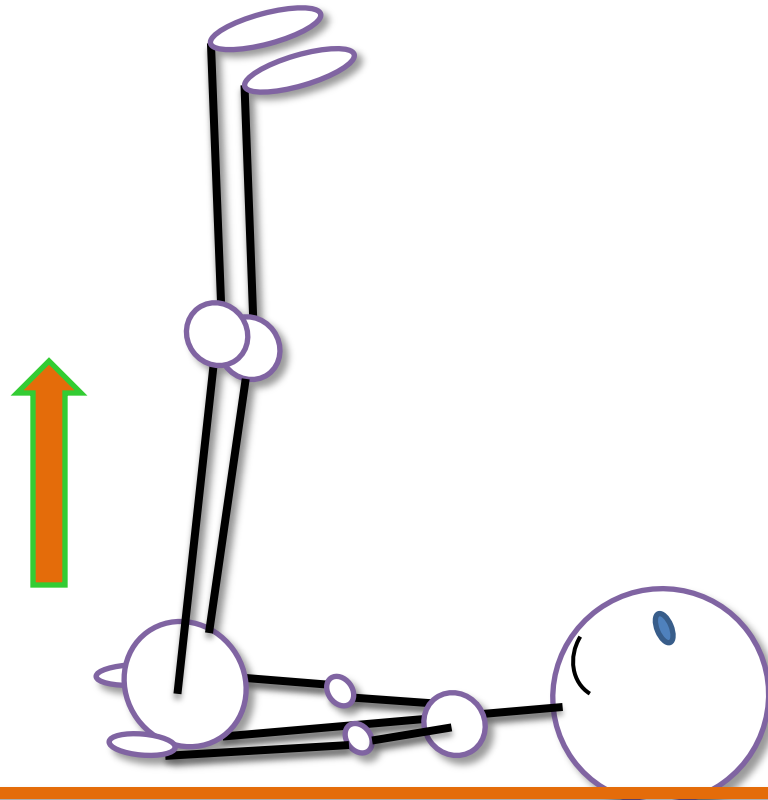
1. Keep back straight and in line from head to heels.
2. Contract abs.
3. Try to keep your body straight like a board.

Plank Leg Lifts



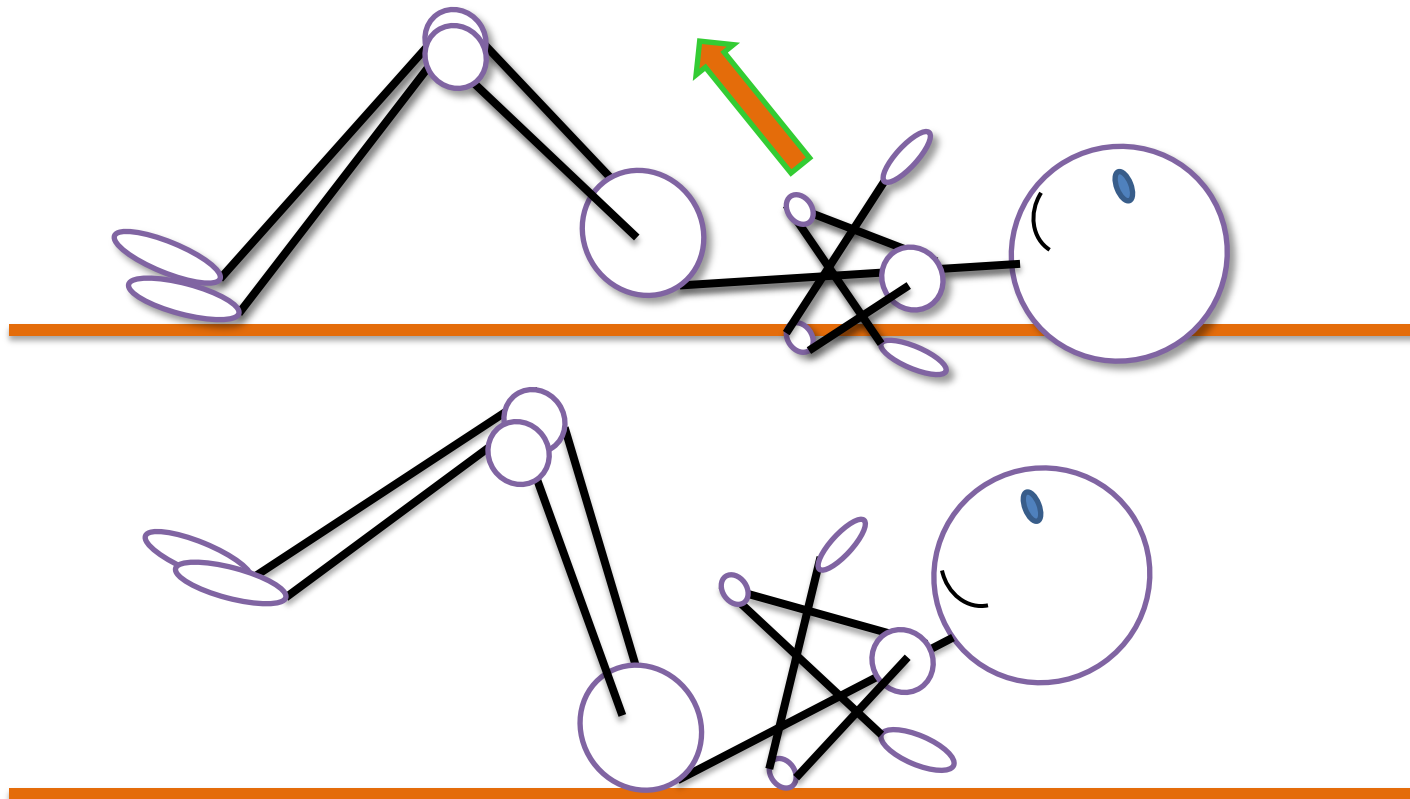
1. Keep back straight and in line from head to heels.
2. Contract abs.
3. Lift left leg, lower, then lift right leg.

Vertical Leg Crunch



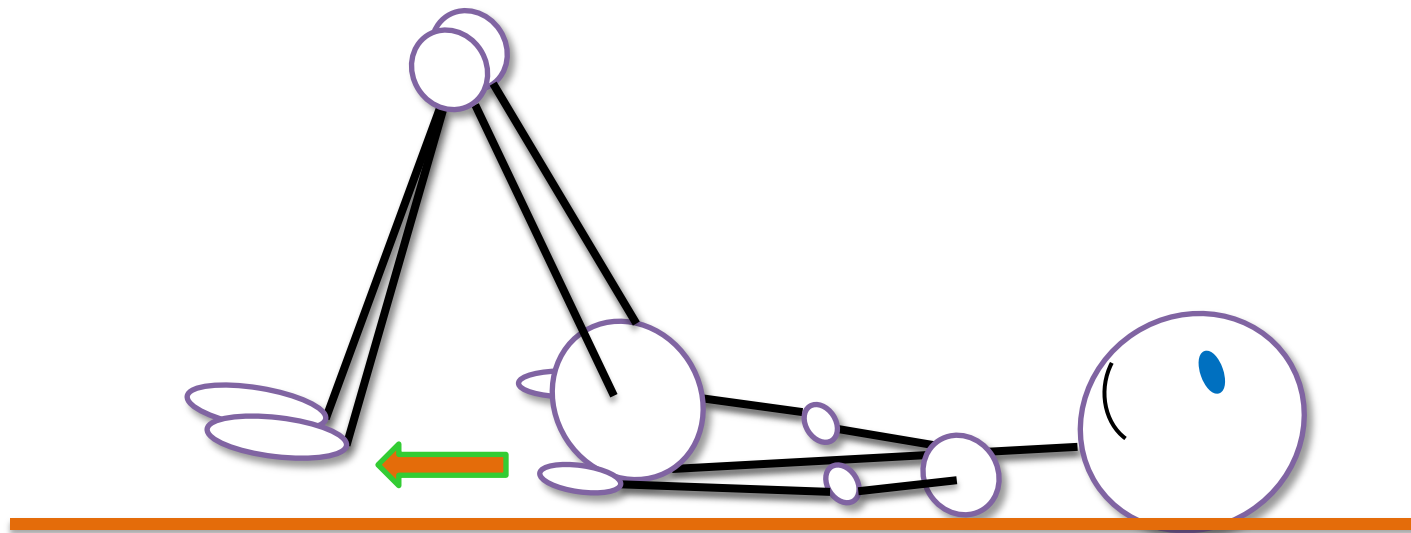
1. Contract the abs to curl hips off the floor.
2. Heels reach up toward the ceiling.
3. Very small movement.
4. Modification: Complete movement with knees bent.

Reverse Crunch



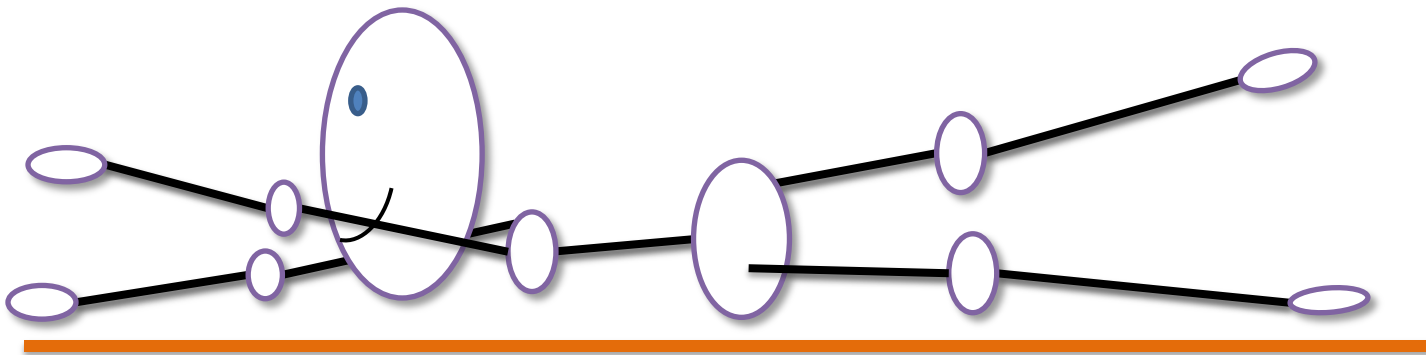
1. Cross arms in front of chest.
2. Contract the abs to lift the shoulder blades off the floor.
3. At the same time curl legs towards chest.

Bent Leg Heel Touch



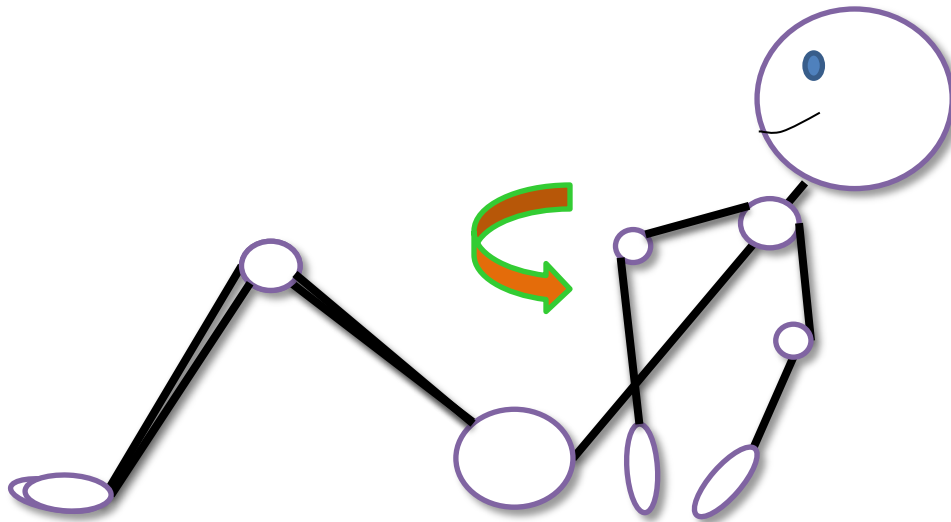
1. Contract the abs.
2. Slide the right hand along the floor to touch the right heel.
3. Switch
4. Modification: At the same time, slide both right and left hands to touch heels.

Superman



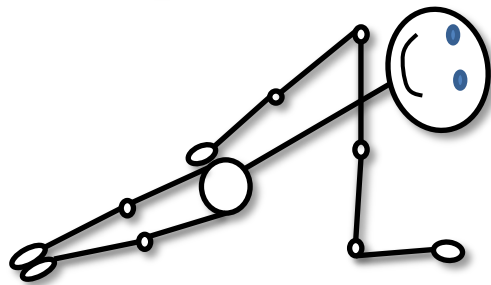
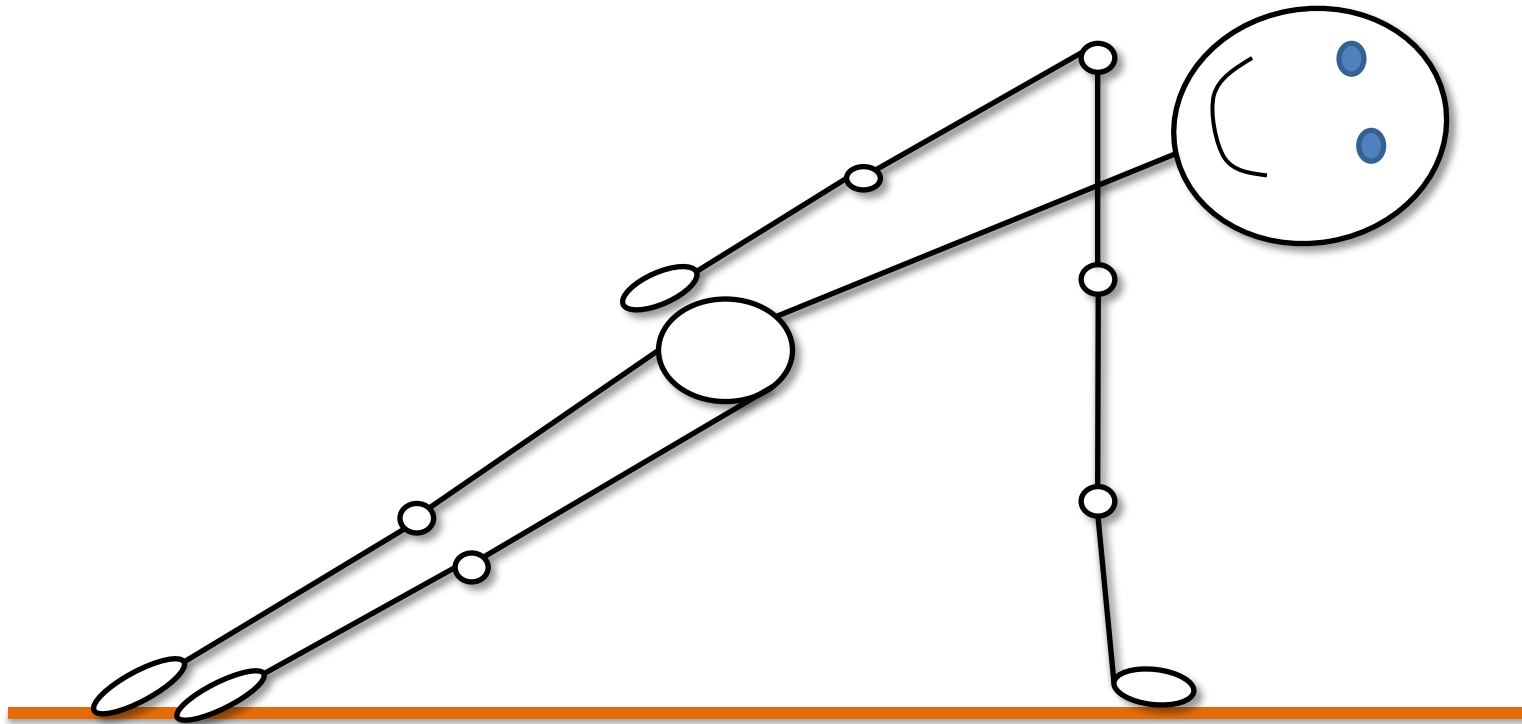
1. Lie down with your arms stretched in front of you (like superman)
2. Raise your right arm and left leg about 5-6 inches off the ground.
3. Hold for 3 seconds and relax.
4. Repeat with the left arm and leg.
5. **Challenge:** While right arm and left leg are off the ground, lift left arm and right leg 1-2 inches off the ground. Switch.

Oblique Crunch



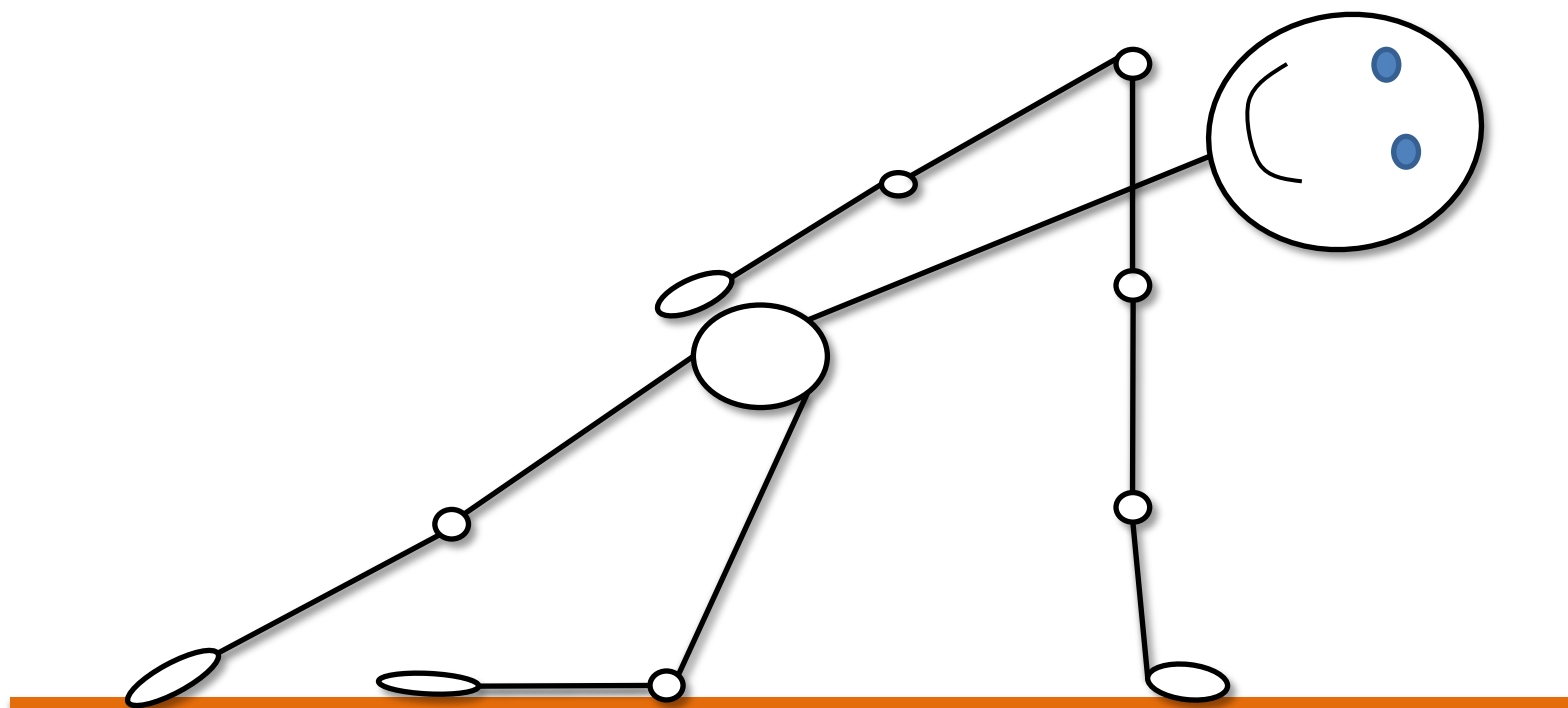
1. Get in a sit-up position with feet flat on the floor.
2. Sit-up then twist and touch the floor on the right side then left side.
3. Challenge: lift feet off the floor while twisting.

Side Plank

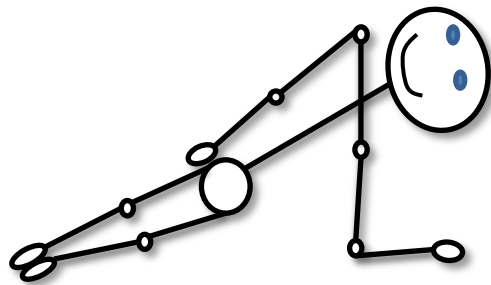
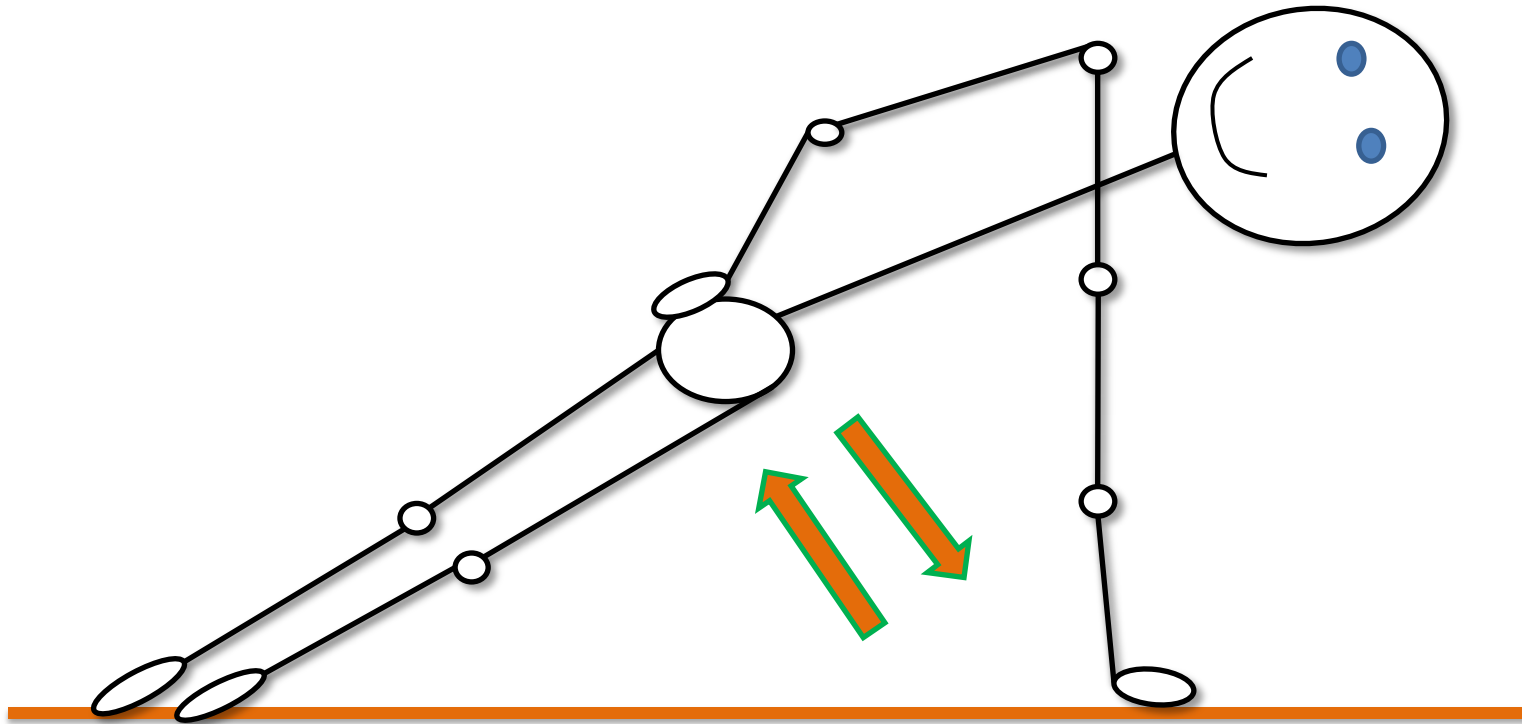


Challenge: Begin with forearm plank and extend your arm to form side plank.

Kneeling Side Plank

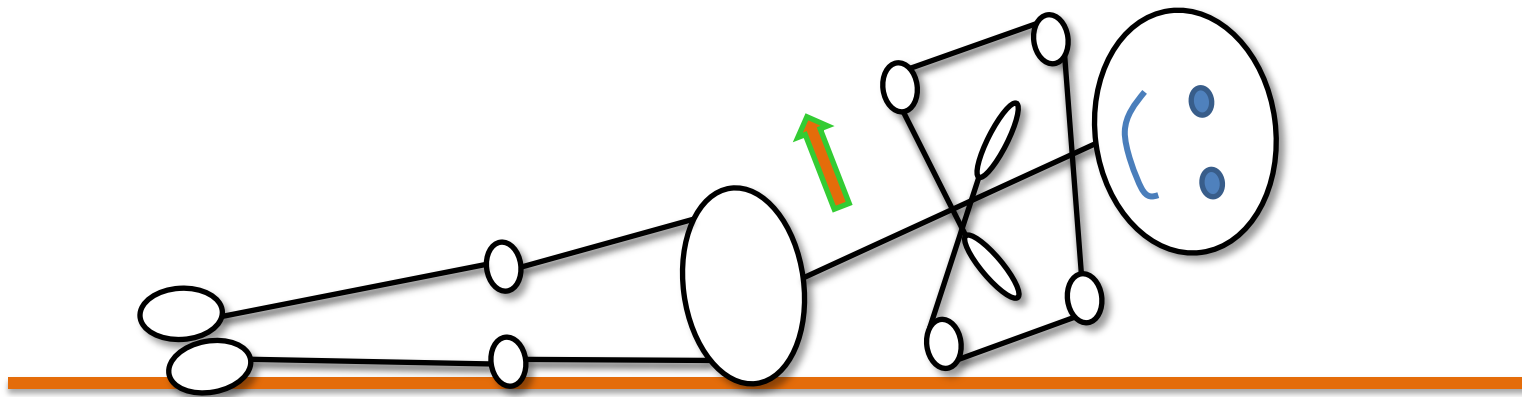


Side Plank Dips



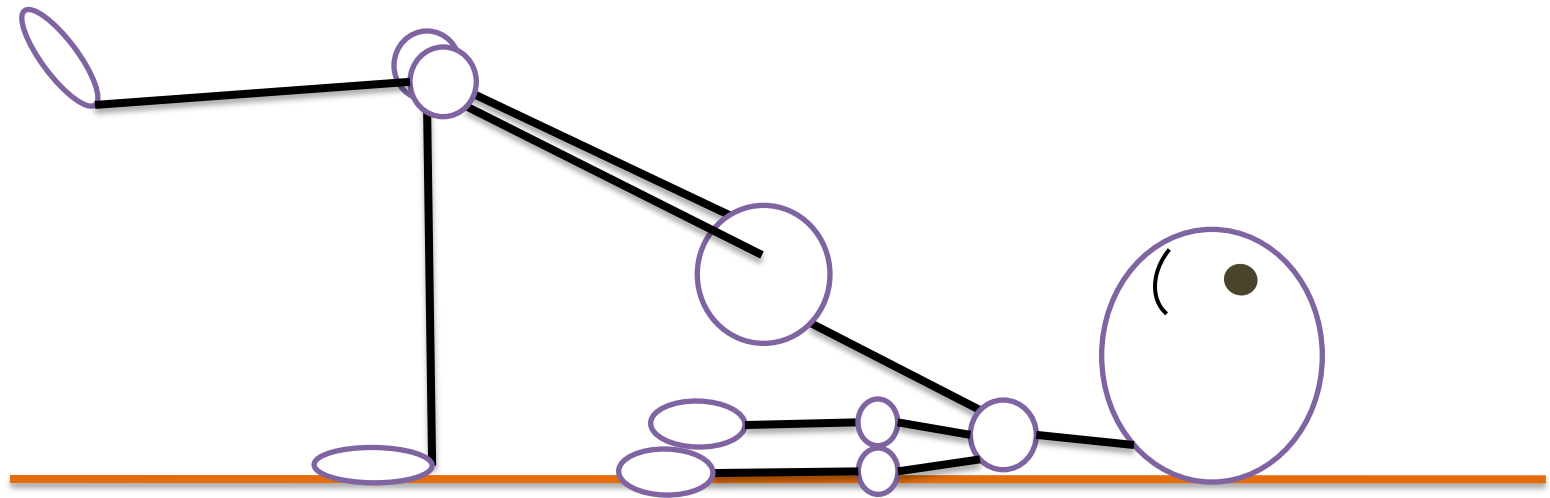
1. Start with hips on ground.
 2. Raise hips to side plank position.
 3. Lower hips back to floor and repeat.
- Challenge: Begin with forearm plank and extend your arm to form side plank.

Side Oblique Crunch



1. Lie on your left side with your arms crossed in front of your chest.
2. Raise your torso off the ground.
3. Hold for 3 seconds and return to start position.
4. Repeat on right side.

BRIDGE Leg Lifts



1. Lie on your back with your arms beside your sides.
2. Raise your hips off the ground.
3. Slowly raise your left leg off the ground and lower.
4. Repeat on right side.