

1 ELBOW STABILIZATION

A stick figure is shown in a forearm plank position on a horizontal line. The left arm is extended forward, and the right arm is bent at the elbow with the hand resting on the floor. The figure's head is tilted back, and its legs are straight and supported by the floor.

2 Side Plank

A stick figure is shown in a side plank position on a horizontal line. The figure is lying on its left side, with the left arm extended forward and the right arm bent at the elbow with the hand resting on the floor. The figure's head is tilted back, and its legs are straight and supported by the floor.

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

3 PUSH-UP

A stick figure is shown in a push-up position on a horizontal line. The figure is lying on its stomach with its arms extended forward and its feet flat on the floor. The figure's head is tilted back, and its legs are straight and supported by the floor.

4 Squat

A stick figure is shown in a squat position on a horizontal line. The figure is standing with its feet flat on the floor and its knees bent. The figure's head is tilted back, and its arms are extended forward.

1. Begin arms in front of body.
2. Squat and keep knees behind toes.

5 Crunch

A stick figure is shown in a crunch position on a horizontal line. The figure is lying on its back with its knees bent and its feet flat on the floor. The figure's head is tilted back, and its arms are extended forward. A yellow arrow points upwards from the figure's upper body, indicating the direction of movement.

1. Crunch lifting your upper body toward your legs.
2. Do NOT bring elbow to touch knees.
3. Contract glutes.

6 BRIDGE

A stick figure is shown in a bridge position on a horizontal line. The figure is lying on its back with its feet flat on the floor and its hips lifted. The figure's head is tilted back, and its arms are extended forward.

7 Oblique with a Twist

A stick figure is shown in a sit-up position on a horizontal line. The figure is lying on its back with its feet flat on the floor and its knees bent. The figure's head is tilted back, and its arms are extended forward. A green arrow indicates a twisting motion.

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.

8 Lunge with a Twist

A stick figure is shown in a lunge position on a horizontal line. The figure is standing with its feet flat on the floor and its knees bent. The figure's head is tilted back, and its arms are extended forward. A green arrow indicates a twisting motion.

1. Begin standing and engage your abdominal muscles.
2. Take a step forward with one leg.
3. Alternate legs and alternate sides of the body.
4. Keep knee from going over toes.

9 Superman

A stick figure is shown in a superman position on a horizontal line. The figure is lying on its stomach with its arms stretched forward and its feet flat on the floor. The figure's head is tilted back, and its legs are straight and supported by the floor.

1. Lie down with yours 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.