

Core Strengthening and Stability

1. Plank – hands and toes position



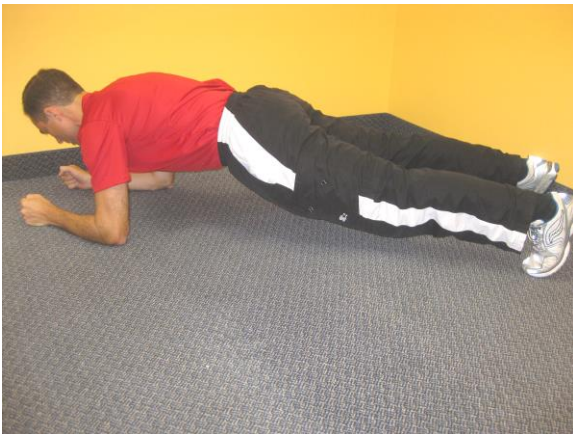
Tighten abs and buttock muscles.

Keep back and hips straight.

Hold plank for 60 seconds.

Repeat 3 times.

2. Plank – elbow and toes position



Tighten abs and buttock muscles.

Keep back straight.

Hold plank for 60 seconds.

Repeat 3 times.

3. Side Plank



Tighten abs and buttock muscles.

Keep hips straight.

Hold side plank for 60 seconds.

Repeat 3 times.

4. Back Bridge



Start with back flat on the floor and knees bent.

Lift into back bridge position by lifting buttocks off floor.

Tighten abs and buttock muscles.
Keep back and hips straight and knees bent.

Hold back bridge for 60 seconds.

Repeat 3 times.

5. Squats



Squat down.

Keep back straight with head forward.

Use your hands for balance.

Hold squat for 60 seconds.

Repeat 3 times.

6. Abdominal Crunches



Lie with back flat on the floor. Keep knees bent and arms by your side. Tighten up ab muscles and lift your shoulders 2 inches off the floor for abdominal crunch. Repeat 25 times.