

# STRONG AND POWERFUL

## GET TO THE CORE

### Best Core Exercises

*\*Remember to always check with your healthcare provider before beginning any new exercise routine.*

#### PLANK



Lie on your stomach. Raise yourself up so that you're resting on your forearms and knees. Align your head and neck with your back, and place your shoulders directly above your elbows. Tighten your abdominal muscles. Hold for 15-30 seconds and repeat 2-3x times.

#### SIDE PLANK



Lie on your left side, raising yourself onto your left forearm. Place your left shoulder directly above your left elbow, keeping your shoulders, hips, and knees in alignment. Rest your right arm along the side of your body. Tighten your abdominal muscles. Hold for 15-30 seconds. For an added challenge, balance on your left hand. Raise your hips off the floor and extend your right hand toward the ceiling. Hold for 15-30 seconds. Repeat on your right side.

#### DEAD BUG



Lie on your back with your knees bent at 90 degrees. Tighten your abs as you lift your right leg (still bent at 90 degrees) and reach your right arm to your knee. Quickly switch your arms and legs, raising your left arm overhead toward your left knee and lowering your right arm and right leg. That's one rep. Exhale every time you switch sides, keeping your abs braced in tight the entire time. Complete 2 sets of 10 reps.

#### REVERSE CURL



Lie on your back with both hands beside your hips. Extend your legs with your heels lifted about six inches off the floor and toes pointed. Contract your abs, bend and draw your knees into your chest, and raise your hips slightly off the floor. Slowly lower back to the starting position. Complete 3 sets of 8.

#### CRUNCHES ON BALL



Sit on the ball and roll out until your lower back is resting comfortably on the ball. Place your feet flat on floor, shoulder-width apart. Place hands behind your head, elbows pointing to the sides. Raise your head even with your torso and look upwards. Exhale and slowly curl your torso forward, flexing abs to raise your chest up and toward your pelvis. Do not force or pull your head forward. Hold for 3 breaths. Release slowly. Repeat 10-12 times.

#### BICYCLE CRUNCH



Lie on your back with knees bent and lift both feet until lower legs are parallel with the ground. With fingertips behind your ears and elbows wide, lift both shoulder blades off the ground. Exhale as you angle the left shoulder toward the right knee, keeping the shoulder aligned with left inner thigh as left leg extends. Inhale back to center and exhale to repeat the movement in the opposite direction. Complete 12-15 reps on each side.

Sources: Cameron, M. (2014). How to do ab crunches on a balance ball for 40% better results. Retrieved from <http://life.gaiam.com/>  
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Shape. (2013). The best ab exercises you've never seen before. Retrieved from <http://www.shape.com/>