

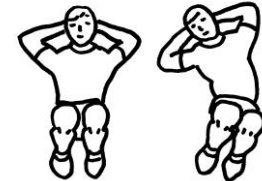
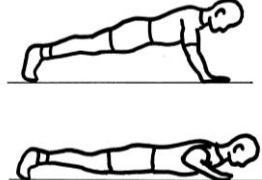
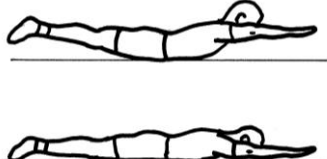
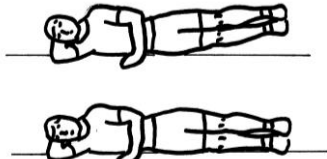
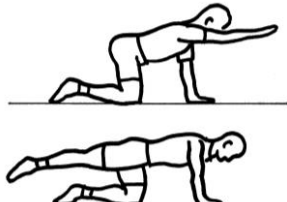
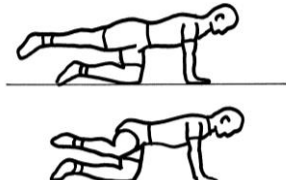
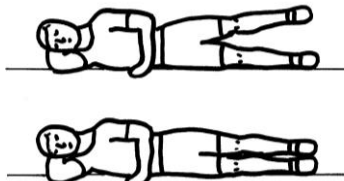
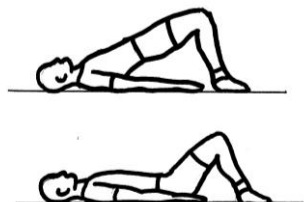
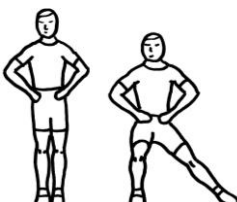





Basic Core Strength Routine

Do these exercises in this order. Spend at least 1 minute doing each exercise. Use proper form: pull your abdominal muscles in, keep your back straight and in line with your hips, and relax your shoulders and neck.

 <p>1. Crunches – Knees bent, feet flat, hands across chest. Tighten stomach muscles, lift shoulders up slowly, hold 2 counts, go back down slowly. Repeat.</p>	 <p>2. Sitting Tucks – Lean back on hands, legs in front. Lift feet slightly off floor, pull knees close to chest slowly, press feet out slowly, keep feet lifted. Repeat.</p>	 <p>3. Anchor – On back, knees bent, hands behind head. Lift feet slightly off floor, bend slowly side-to-side.</p>
 <p>4. Push-Ups – Keep torso straight by tightening abdominal muscles. Up slowly, down slowly, repeat. Can be done with feet or knees on floor.</p>	 <p>5. Superman – Lay face down, arms & legs extended. Slowly lift arms & legs slightly off floor, hold 2 count, back down slowly. Repeat.</p>	 <p>6. Double-Side Leg Raise – Lay on side. Slowly raise both legs 3-6 inches, hold 2 counts, lower legs back down slowly. Repeat 5-15 times, then move to other side.</p>
 <p>7. Bird-Dog – On hands & knees. Keep abdominal muscles tight and back straight. Raise one arm, hold 3-5 count, place arm back down. Raise opposite leg, hold 3-5 count, place leg back down. Repeat with other arm, then other leg.</p>	 <p>8. Leg-Out & Back – On hands & knees. Keep abdominal muscles tight & back straight. Lift knee out to the side, then slowly extend back, then back down. Repeat with other leg. Repeat.</p>	 <p>9. Side Leg Raise – Lay on side, hand behind head, other arm in front. Slowly raise leg about 30 degrees, hold for 2 counts, then lower leg back down slowly. Repeat 10-20 times. Then turn to the other side and repeat on other leg.</p>
 <p>10. Bridges – On back, arms at side, knees bent, feet flat. Lift up hips slowly, keep torso straight for 2 counts, then slowly lower back down. Repeat.</p>	 <p>11. Side Reach – Start with feet together, balance on 1 foot while slowly reaching out as far as you can with other foot, tap floor and place feet back together. Keep back straight. Repeat 5-10 on one side, then the other side.</p>	 <p>12. Split Squat – Start with feet together. Take small step forward, bend both knees & sink down slowly. Keep back straight. Come up slowly, feet back together. Next step out with other foot. Repeat.</p>