



## core workout

Do 1 – 3 sets of the following 3–5 times a week. Right after your cardio workout would be a great time!

### 1. Plank Isometric Hold: 10-60 seconds



**Ease it Up:** do on knees

**Ramp It Up:** alternate lifting one leg at a time for 10 sec.

### 2. Crunches: 10 - 20 repetitions



**Ease it Up:** decrease range of motion barely lifting shoulders off the floor

**Ramp it Up:** keeping knees bent, lift feet off the floor

### 3. Superman: 10 - 20 repetitions



**Ease it Up:** lift only the upper body with arms behind the lower back

**Ramp it Up:** take arms out straight in front of the body

### 4. Bird Dog Isometric Hold: 10-60 seconds on each side

Lift opposite limbs



**Ease it Up:** lift only one limb

**Ramp it Up:** add movement – tap hand and feet to floor down and up or move to

opposing sides in and out

### 5. Reverse Crunches: 10-20 repetitions



**Ease it Up:** keep feet on floor doing only a small pelvic tilt crunch

**Ramp it Up:** straighten legs and visualize heels touching the ceiling

### 6. Hip Thrust: 10-20 repetitions

Bottom raises up and down tightening glutes and legs



**Ramp it Up:** lift one leg straight up to ceiling (be sure to switch legs half way through your reps)

### 7. Bicycle Crunch: 10 - 20 slow repetitions



**Ease it Up:** keep feet on floor and just move the upper body toward the opposing knee

**Ramp it Up:** increase range of motion by lifting the upper body even higher

### 8. Cobra Stretch 10-60 seconds



**Ease it Up:** do on elbows