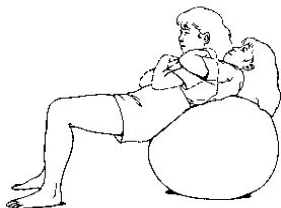




Core Strength

Crunch



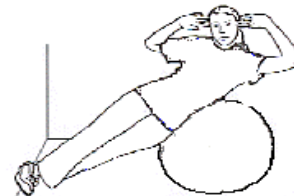
Contract abdominals to move shoulders towards knees. Keep low back on ball/floor.

Twisting Crunch



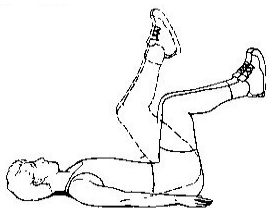
Contract abdominals and twist to move elbow towards opposite knee. Keep low back on ball/floor. Alternate sides

Side Crunch



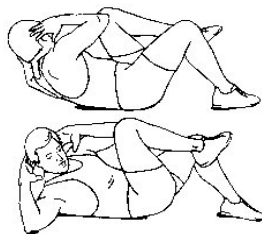
Contract obliques to move elbow towards hip, moving laterally and keeping body in line.

Reverse Crunch



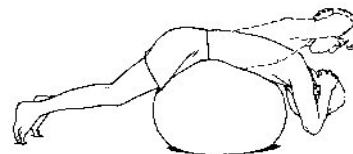
Contract lower abs to raise feet towards ceiling. Keep low back on floor.

Bicycle Crunch



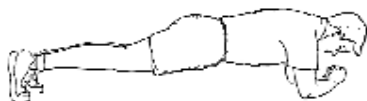
Contract abdominals to raise upper body and one leg. Twist to bring elbow to opposite knee. Alternate sides.

Back Extension



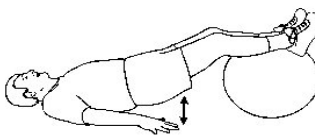
Contract low back to raise torso until in line with legs.

Plank



Support body on forearms and toes. Keep core activated and body in line.

Back Bridge



Support body on shoulders and heels. Keep core activated and body in line.

Side Plank



Support body on forearm and foot. Keep core activated and body in line.