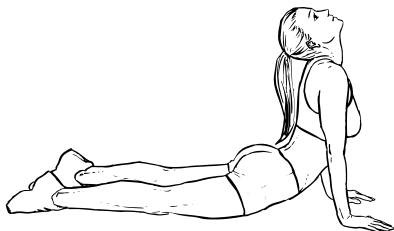


Straight to the Core!

47 min · Abs, Arms, Back, Legs

Our core is one of the most fundamental areas to develop. It supports every movement we do, and for this reason, we need to dedicate time to making sure it's stronger than ever. Complete every exercise in a standard fashion, and teach that core just how much you care about it.

Cobra Abdominal Stretch

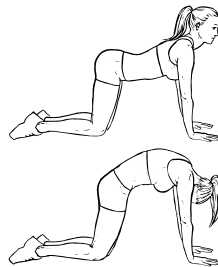


0:30
rest

2 sets 30 secs 20 sec rest

Take a minute just to open up those abs, look straight up at the sky/ceiling and imagine the stars above.

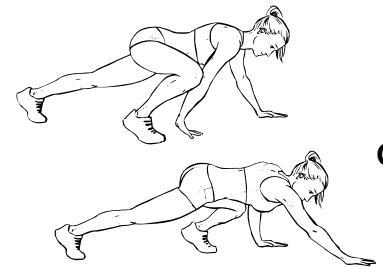
Backward Camel Stretch



2 sets 12 reps 30 sec rest

Open and close that lower back, like a cat does after an amazing, post-workout slumber.

Bear Crawls

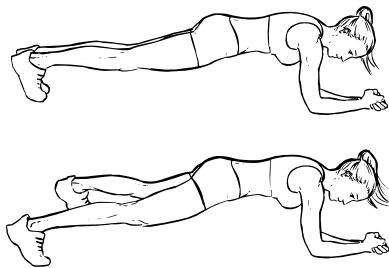


0:30
rest

3 sets 16 reps 45 sec rest

Take 16 total steps towards that mountain peak!

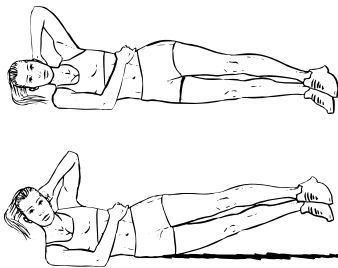
Plank Jacks



3 sets 20 reps 20 sec rest

Focus on keeping your core solid and only moving from the hips! Try not to bounce too high with these!

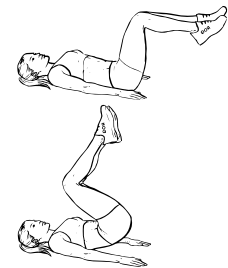
Double Side Jackknives



4 sets 10 reps 45 sec rest

Hit 2 sets per side! Don't just favor one side, this will leave the other side in a self-conscious state.

Reverse Crunch

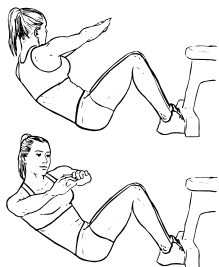


0:30
rest

3 sets 10 reps 30 sec rest

Make sure to have your yoga mat or towel here for a bit of comfort.

Russian Twists

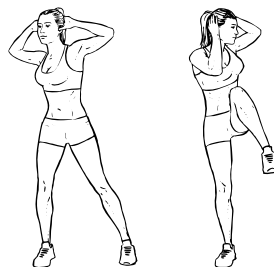


0:30
rest

2 sets 24 reps 30 sec rest

Go for 12 reps per side per set. Twisty.

Standing Cross-body Crunches



2 sets 30 secs 45 sec rest

Go at it, non stop, for 30 seconds per set. Build up a little sweat here, and build those solid lower abs.

Twisting Jump Squats

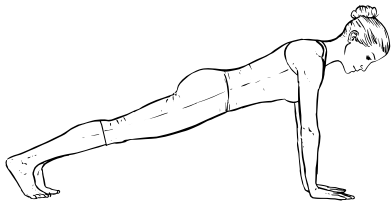


0:30
rest

2 sets 60 secs 45 sec rest

Go at it, non stop, for 60 seconds per set. Build up a little sweat here, and build those solid lower abs.

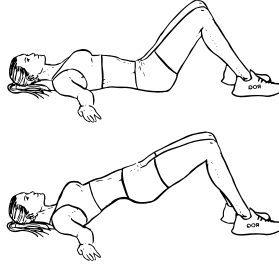
Plank · Kumbhakasana



20 breaths

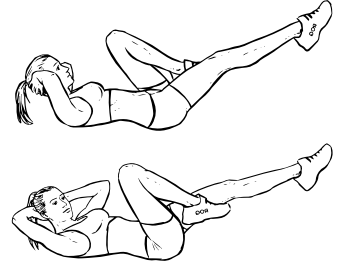
Hands shoulder-width apart · Feet hip-width apart · Spread fingers wide · Draw belly toward spine

Hip Raises



3 sets **12** reps **20** sec rest

Bicycles



0:30
rest

0:30
rest

2 sets **30** reps

Knee-to-Chest Lower Back Stretch

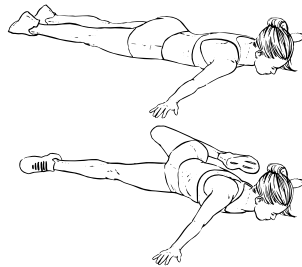


0:30
rest

2 sets **30** secs **20** sec rest

Some more knee love. Give them a hug and stretch out those glutes.

Scorpion Stretch



2 sets **30** secs **20** sec rest

Check out the instructions for this one! Lay, on each side, for 30 seconds. You've made it!

Cobra Abdominal Stretch / Old Horse Stretch

Primary muscle group(s):

Abs

Secondary:

Lower Back

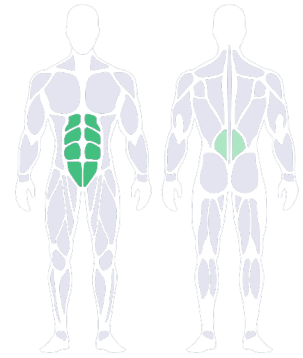
Lie face down with your hands under your shoulders.

Point your feet downwards to lengthen your spine.

Slowly push your torso up as far as you comfortably can – try to get your hips to rise off the floor slightly.

Hold the stretch and then lower down to starting position.

⚠️ Avoid this stretch if you have back problems.



Cat Back / Backward Camel Stretch

Primary muscle group(s):

Lower Back

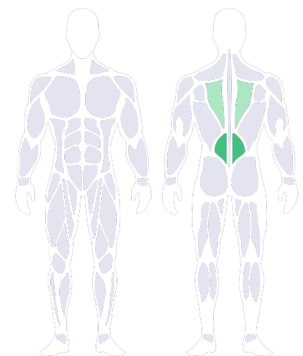
Secondary:

Upper Back & Lower Traps

Kneel on a mat with your hands and knees shoulder-width apart.

Pull your abs in, hunch your back up and flex your spine.

Hold the stretch and then release to the starting position.



Bear Crawls

Primary muscle group(s):

Abs, Shoulders

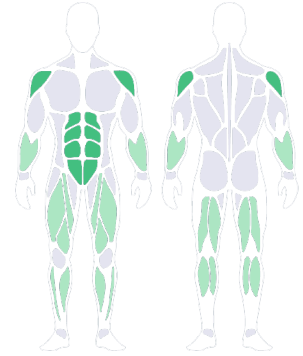
Secondary:

Calves, Forearms, Hamstrings, Quadriceps

Come to the ground, placing your knees below your hips and your hands below your shoulders. Elevate your hips up, extending your legs and arms. Keep the head in a neutral position.

Move the right hand forward as you simultaneously move the left foot forward. Afterwards, move the left hand and right foot forward.

Continue in this back and forth pattern, always moving the opposite hand and foot. Remember to brace the core throughout the movement.



Plank Jacks / Extended Leg

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

Lower Back

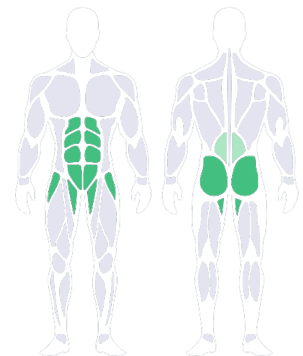
Get into a pushup position with hands under shoulders and body straight from head to toes.

Engage your core and bend your elbows, keeping them in towards the body.

Lower your body towards the floor.

Straighten your arms and quickly jump the feet forward to outside of the hands.

Jump back to starting position.



Double Side Jackknives

Primary muscle group(s):

Abs, Obliques

Secondary:

Glutes & Hip Flexors

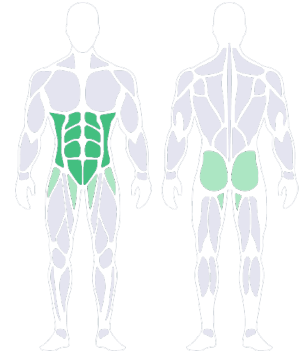
Bring yourself to the ground and lie on your left side. Be sure to stack your feet.

Place your left hand on your side while raising your right arm above your head so that the elbow is pointing towards the sky.

Focusing all of the tension and contraction in the obliques, bring your feet up while you raise your upper body. Lead with the right elbow.

Hold the contraction and slowly return to the starting position. Do not allow your feet or shoulder to touch the ground.

Repeat.



Reverse Crunch

Primary muscle group(s):

Abs

Lie flat on an exercise mat on the floor.

Extend your legs fully and place your hands palms down, flat on the floor beside you.

Keeping your feet together, draw your knees up towards your chest, until your thighs are at 90 degrees to the floor and your calves are parallel to it. This is the start position.

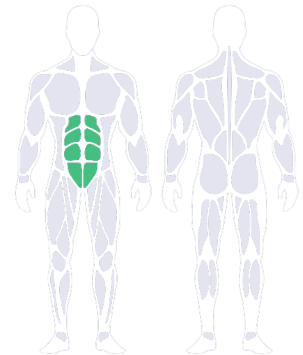
As you inhale, curl your hips up off the floor while bringing your knees further towards your chest.

Continue the movement until your knees are touching your chest, or as far as comfortable.

Hold for a count of one.

In a controlled movement, return your legs to the start position, exhaling as you do so.

Repeat.



Russian / Mason / V-Sit Twists

Primary muscle group(s):

Abs

Secondary:

Lower Back

Lie on an exercise mat and place your feet under something that will not move or ask a spotter hold them down for you. Keep your knees bent.

Raise your upper body from the mat to form V-shape with your thighs.


Keep your arms fully extended in front of your chest, clasping your hands together. This is the start position.

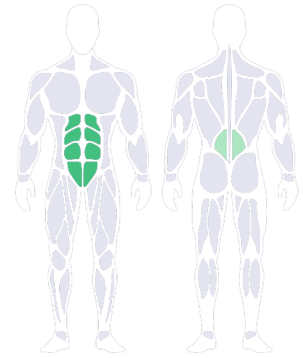
In a smooth motion, twist your upper body to the right until you feel a stretch in your back and sides. Keep your arms parallel to the floor and exhale as you do this. Hold for a count of one and inhale.

Return to the start position while breathing out.

Repeat the movement, this time to the left side of your body.

Repeat.

 As your strength increases, you can hold a weight plate or medicine ball in front of you to increase resistance and engage other muscle groups.



Standing Cross-body Crunches

Primary muscle group(s):

Abs, Obliques

Secondary:

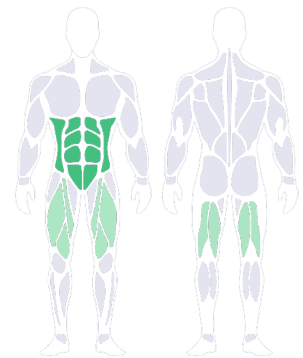
Hamstrings, Quadriceps

Standing up straight, bring your hands behind your head so that your elbows are pointed to the sides.

Twisting your body, bring your left elbow down and across your body. At the same time, raise your right knee up and across to meet the left elbow.

Return to the starting position.

Repeat on the other side and continue alternating.



180 / Twisting Jump Squats

Primary muscle group(s):

Calves, Hamstrings, Quadriceps

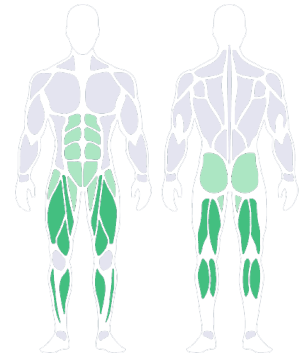
Secondary:

Abs, Glutes & Hip Flexors

Begin standing tall with a tight core. Your chest will be up and your gaze will be straight ahead. Bend at the knees and drive your hips back as you lower yourself into a squat position.

Launch yourself up while simultaneously twisting to the other side. Your body will perform a 180 degree turn in midair.

Land with bent knees and immediately go right into another jump squat, turning to the starting position. Repeat this alternating pattern.



Plank

Primary muscle group(s):

Abs, Obliques, Shoulders

Secondary:

Glutes & Hip Flexors, Quadriceps, Triceps, Wrists

Begin in Downward Facing Dog. Bring your hands as wide as your shoulders and feet as wide as your hips. Spread your fingers wide. Reach your tailbone toward the sky behind you.

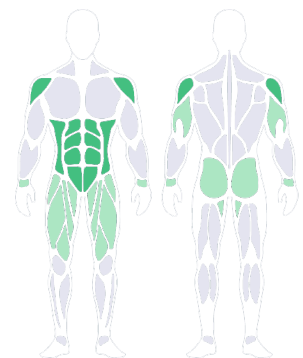
With an inhale, shift forward into Plank, bringing your shoulders over your wrists. Engage your core and legs. Gaze diagonally downward.

Hold the pose and take slow, deep breaths.

Push back to Downward Facing Dog with an exhale.

Modification: Lower your knees to the floor.

 Avoid this pose if you have carpal tunnel syndrome.



Hip Raises / Butt Lift / Bridges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

Secondary:

Abs, Lower Back

Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.

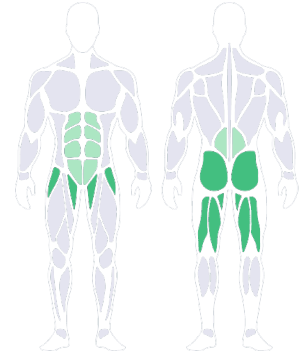
Place your hands out to your sides palms flat for stability.

Raise your glutes off the floor by extending your hips upward while pushing down through you heels.

Continue until your back, hips and thighs are in a straight line. Hold for a count of one.

Return to the start position by lowering your hips back to the floor.

Pause then repeat.



Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches

Primary muscle group(s):

Abs, Obliques

Secondary:

Glutes & Hip Flexors, Quadriceps

Lie flat on an exercise mat on the floor keeping your lower back straight with no arching of your spine and with your knees bent and feet flat on the floor.

Place your hands lightly on the sides of your head.

curl your torso upwards so your shoulders are slightly raised off the floor..

Raise your knees until your thighs are at a right angle to the floor and your calves are parallel to the floor. This is the start position.

Slowly move your legs in a pedaling action as if you are riding a bicycle.

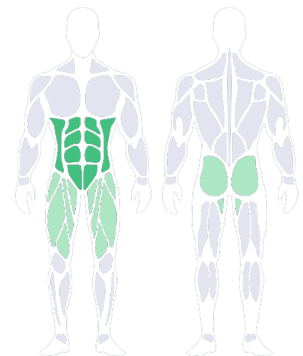
As you do so, exhale and bring your opposing elbow close to each knee by crunching to one side. Left elbow to right knee. Right elbow to left knee.

After each crunch, return to the start position inhaling as you do so.

Without pausing, repeat the movement to the other side.

Repeat without pausing for the desired number of repetitions to each side.

! Do not use your hands to pull your head and neck up during this exercise. Doing so may cause injury. Concentrate on a slow rhythmic cycle from side to side with perfect form for each repetition.



Knee-to-Chest Lower Back Stretch

Primary muscle group(s):

Lower Back

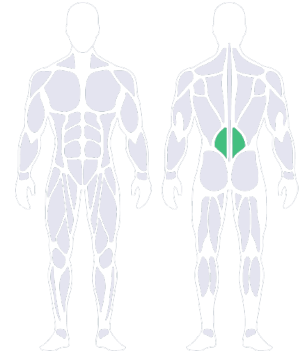
Lie on your back on a mat with your legs extended in front of you and backs of heels on the floor.

Grab hold of your right knee and gently pull it up to your chest until you can feel a slight stretch in your lower back.

Try to bring the knee as close to your chest as is comfortable while keeping the left leg relaxed.

Hold the stretch and then release the leg to starting position.

Repeat with the left leg.



Scorpion Stretch

Primary muscle group(s):

Lower Back

Secondary:

Glutes & Hip Flexors

Lie face down on a mat or soft surface.

Place your hands at your sides for balance.

Keeping your shoulders touching the ground, raise the left foot straight up into the air.

Bend at the knee and bring your left foot over to your right side. Tap the ground with your toes.

Return the left leg to the ground and repeat on the other side.

