

Core Workout

Workout of the month: December

Keep core engaged at all times and focus on your breathing while doing exercises (don't hold your breath). When on your back, make sure you keep your lower back pressed into the ground, so you don't cause injury.

6 exercises – 30 seconds each, 10 seconds to transition – repeat 2-3x

1. Dead Bug
2. Plank
3. Climbing Rope
4. Flutter Kicks
5. Russian Twists
6. Supermans

Dead Bug



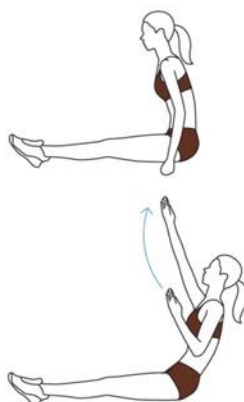
Lie face up on the floor with your arms and legs in the air, knees bent 90 degrees. Maintaining contact between the lower back and floor, brace your core, then slowly and simultaneously lower your right leg until your heel nearly touches the floor and your left arm until your hand nearly touches the floor overhead. Pause, then return to start and repeat on the opposite side.

Plank



Can either do this with hands on the ground, or elbows on the ground (see photos). Make sure your shoulders are right above your hands, or above elbow joint if doing a low plank. Hold tension through your core muscles down into your glutes, keeping your neck in neutral alignment with the rest of your spine.

Climbing Rope



Bend your knees with feet flat on the ground and lean back a bit more than pictured. Alternate reaching as high as you can and flex your arm muscles as you pull your arm downward, keeping your core engaged the entire time.

Flutter Kicks

A

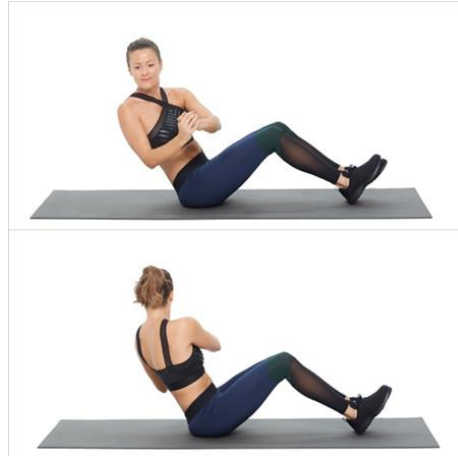


B



Lay on your back, extending your legs at a 45-degree angle. Your arms should be down at your sides and your legs off the ground. Lift your head, shoulders, and neck slightly off the ground. Start kicking your legs up and down, alternating as you go. Flutter your legs at a pace you can maintain whilst also keeping your core still.

Russian Twists



Rotate your torso from side to side while sitting in an upright position with your feet lifted off the ground. To increase difficulty, add weight, like a medicine ball or dumbbell. You can also lift your feet off the ground. Keep core engaged the entire time.

Supermans



Lie on the floor in a prone (facedown) position, with your legs straight and your arms extended in front of you. Keeping your head in a neutral position (avoid looking up), slowly lift your arms and legs around 6 inches (15.3 cm) off the floor, or until you feel your lower back muscles contracting. To modify, you can also keep arms bent, with hands at head. Another option is to only lift upper body.