

## 6 Basic Core exercises to incorporate into workouts:

Add core exercises as a workout on their own or combine with a strength workout. Do each exercise for 30 seconds, rest 15 seconds before starting the next exercise. Complete 1-3 sets of the circuit.

Exercise	Photo	How-to
1. Birddog		<p>Kneel on mat on all fours with legs and hands slightly apart. Raise arm out straight beside head while raising and extending leg on opposite side up out behind body. Bring knee to elbow and then raise out again. Perform movement with opposite arm and leg.</p>
2. Front Plank		<p>Lie on your stomach with your spine in a neutral position. Lift your body up on your forearms and toes, keeping your head, torso, and legs in a straight line. Hold keeping all abdominals engaged.</p> <p>Modify – Lift from knees to shorten the lever keeping straight.</p>
3. Side Plank		<p>Lie on side on mat. Place forearm on mat with elbow under shoulder perpendicular to body. Place upper leg in front of lower leg and straighten knees and hips. Raise body upward by straightening waist so body is ridged. Hold keeping shoulders and hips stacked above the other. Repeat with opposite side.</p> <p>Modify – Lift from knees to shorten the lever.</p>

<p>4. McGill Crunches</p>		<p>Lie on your back on the floor with your left leg straight &amp; right knee bent with foot flat. Place your hands palms down on the floor underneath the natural arch in your lower back. Slowly raise your head and shoulders off the floor until lower back presses against hands; return to start. Complete reps then switch legs so that your right leg is straight and your left is bent. To advance the move raise your elbows off floor and leg up at the same time.</p>
<p>5. 1-Leg Hip Bridge</p>		<p>On the floor, face up, right knee bent to 90 degrees with heel on ground, left leg held to chest. Fire your right glute to bridge hips to sky so weight is supported only by the right heel and shoulders. Hold, and return to start position. Repeat for prescribed number of repetitions and switch legs. Initiate movement with glutes and keep hips level with the floor.</p> <p>Modify – lift with both legs until no longer challenging.</p> <p>Advanced – add a weight to hips to lift.</p>
<p>6. Dead Bug</p>		<p>Begin by lying on back, knees up and bent at 90 degrees. Take the arms straight up overhead and hold this position for a moment, making sure abs are set and your back isn't arching off the floor (if it is, lower the feet to the ground for this exercise). Slowly lower the right arm and left leg towards the floor while keeping the lower back on the floor. Bring them back up and lower the left arm and right leg to the floor. That is 1 rep.</p>