

PLANK HOLD WITH ALTERNATING ARM/LEG LIFT



From a push-up position, drop to your forearms. Focus on pulling your abdominals in. Then lift one foot about 6 inches off the ground & extend your opposite arm. Keep your hips square to the floor. Hold for 5 seconds then repeat on the other side.

Reps: 3 sets of 3 reps each side. Build time up to 3 minutes

SIDE LEG CRUNCHES



Lie on your side with your elbow on the floor for support. Rest your other hand behind your head. Lift/Curl your knees towards your chest, while pushing/crunching chest sideways & up towards your knees at the same time.

Reps: 2 sets of 10 – 15 reps each side

SIDE PLANK HOLD WITH TWIST



Start in a sidelying position resting on one elbow & feet one in front of the other. Lift body up to create a straight line, keeping your lower hip from dropping. Extend your free arm straight up and hold for 5 seconds. Build up to 2 mins.

Progress the exercise by twisting your body down, taking your free arm & tucking it under your torso. Hold for 5 seconds, then return to the original side plank position.

Reps: 2 sets of 3 reps each side

