

## 10 min to a Stronger Core

Complete each exercise for 60s, resting as needed.

**Dead Bugs** – Lie on your back with arms and legs extended vertically, knees bent at 90 degrees. Next, extend your right leg out while simultaneously lowering your left arm above your head. Engage your core and squeeze your glutes the whole time. Return to the starting position. 30s with left arm/right leg, and 30s right arm/left leg.



**Bird dog** -- Start in a tabletop position, wrist stacked under your shoulders and your hips over knees. Engage your core, extend opposite arm and leg, and return to the starting position. Repeat for 30s, and transition to the other side for the next 30s.



**V-ups** – Lying on your back, arms overhead, legs about 45 degrees off the floor. Take a full breath in, on the exhale crunch so that your arms and legs meet in the middle. Control back to the starting position. Repeat for 60s.



**Mountain climbers** – Start in the high plank position. Keeping your core tight, alternate bringing one knee towards your chest, while the other leg stabilizes. Repeat for 60s.



**Flutter kicks** – Lying on your back with your upper body in a crunch, wrists/forearms under the hips, and legs hovering off the floor. Alternate the slight up-down motion of the legs for 60s. Modify by keeping the head on the floor.



Superman – Lying down on your stomach arms in front of you, raise your arms and legs at the same time, squeezing your glutes to hold at the top. Slowly lower back down to the floor. Repeat for 60s.



Russian Twist – Start with feet flat on the floor, knees bent and then lean back and lift your feet off the floor in about 45-degree angle. Begin to twist on each side stopping as the opposite elbow crosses the mid-line. Repeat for 60s.



Bicycle kicks – Lying on your back with knees in 90-degree bent and stacked over hips. Hands behind head and elbows bent. Crunch the upper body and hold. Rotate so that the right elbow touches the left knee, while extending the right leg. Return to the start and repeat on the other side. Continue for 60s.



Sided Plank – Start lying on your right side, with left leg forward of the right leg (Feet stacked to progress). Right elbow under your shoulder. Drive your hips up and make sure the chest is forward. Engage your glutes and core. Maintain a straight line from head to heels. Hold for 30s, then switch sides for another 30s.



Frog Hops/Plank Hops - Start in high plank, engage your core, keeps your legs together. Jump forward to the left and then to the right, alternating for 60s.

