

Heel Slide - Core Activated - Hands at Side

Sets: 2 - 3 | Reps: 5 - 10 | Hold: 5 - 60 Sec | Rest: 2 - 3 Sec



*Towel for
lower back*



*Tuck chin -
Lift shoulder
blades*



Slide heel up



*Slide heel
down*

Preparation:

- Lie on back with one leg straight
- The other leg is bent with the foot flat on the ground
- Towel supporting lower back, hands at side

Execution:

- Tuck your chin and lift your shoulder blades off the ground slightly
- Slide heel up and back down again.

Front Plank | Hands and Feet

Sets: 2 - 3 | Reps: 5 - 10 Rep | Hold: 5 - 60 Sec |

Rest: 2 - 3 Sec



Hold plank

Execution:

- Plank on hands and feet
- Hold

Side Plank | Hand and Feet

Sets: 2 - 3 | Reps: 5 - 10 Rep | Hold: 5 - 60 Sec |

Rest: 2 - 3 Sec



Hold plank

Execution:

- Plank on one hand and one foot
- Hold

Dead Bug

Sets: 2 - 3 | Reps: 5 - 10 Rep | Hold: 5 - 60 Sec |
Rest: 2 - 3 Sec



Arms straight, knees up, core is strong

Preparation:

- Lie flat on back

Execution:

- Raise arms straight in front of you
- Raise knees up as shown

Bridge | Arms Flat

Sets: 2 - 3 | Reps: 5 - 10 | Hold: 5 - 60 Sec | Rest: 2 - 3 Sec



Start Position



Lift hips up

Preparation:

- Lie flat on your back with your arms straight beside you
- Bend knees up so that your feet are flat

Execution:

- Lift your hips up in the air to make a bridge using your arms to stabilize
- Lower down in a controlled manner