

Total 6



Side Plank

Lying on side propped on elbow, keep hips and knees aligned with body. Contract deep abdominals while lifting hip/pelvis and trunk off floor and hold. Remember to keep body in line and do not hold breath.

Repeat 5 Times
Hold 30 Seconds



Plank with Clamshell

Raise up on forearm and outside of knee/foot into a side plank. Squeeze your seat and rotate your hip into the band. Keep your spine and hips in good alignment.

Repeat 2 Times
Hold 20 Seconds



Plank

Lying on stomach, resting on elbows, pick entire body off floor. Hold legs, pelvis and trunk in straight line only supporting at elbows and feet. Remember to not let back sag and do not hold breath.

Repeat 5 Times
Hold 30 Seconds



Core Stabilization w/ Running Motion

Stand on one leg with arm raised in front to 90 degrees and your non-stance leg slightly behind you with knee bent. Try to maintain good alignment with the hip, knee, and ankle.

Repeat 3 Times
Hold 10 Seconds



Speedskater

Standing upright
Step forward with right leg, reach down to floor with left hand while stepping back and across with leg. Attempt to hold position.
Return to starting position and repeat on opposite side.
Remember when reaching towards floor front knee should not extend out over front toes.

Repeat 10 Times
Hold 5 Seconds



SLS Balance and Reach

Start standing upright.
Bend left knee behind body.
While balancing on right leg bend forward at hip extending left leg out backwards while reaching forward with both hands until body is parallel with ground. Hold position.
Slowly return to neutral and repeat on opposite side.

Repeat 10 Times
Hold 5 Seconds