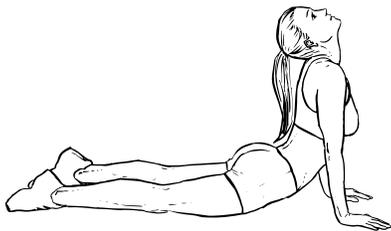


# Straight to the Core!

29 min · Abs, Arms, Back

Our core is one of the most fundamental areas to develop. It supports every movement we do, and for this reason, we need to dedicate time to making sure it's stronger than ever. Complete every exercise in a standard fashion, and teach that core just how much you care about it.

## Cobra Abdominal Stretch

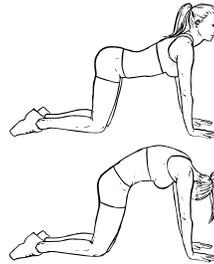


**0:30**  
rest

**2 sets 30 secs 20 sec rest**

Take a minute just to open up those abs, look straight up at the sky/ceiling and imagine the stars above.

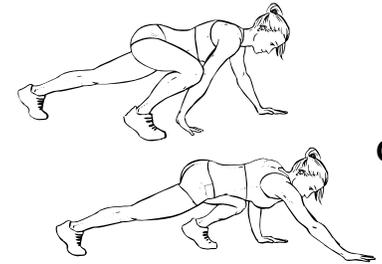
## Backward Camel Stretch



**2 sets 12 reps 30 sec rest**

Open and close that lower back, like a cat does after an amazing, post-workout slumber.

## Bear Crawls

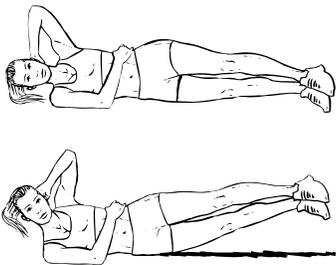


**0:30**  
rest

**3 sets 16 reps 45 sec rest**

Take 16 total steps towards that mountain peak!

## Double Side Jackknives

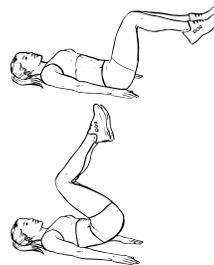


**0:30**  
rest

**4 sets 10 reps 45 sec rest**

Hit 2 sets per side! Don't just favor one side, this will leave the other side in a self-conscious state.

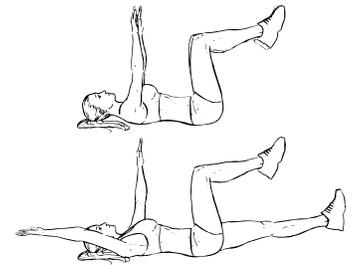
## Reverse Crunch



**2 sets 10 reps 30 sec rest**

Make sure to have your yoga mat or towel here for a bit of comfort.

## Dead Bug

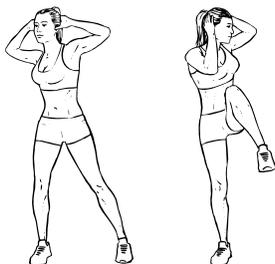


**0:30**  
rest

**2 sets 24 reps 30 sec rest**

Go for 12 reps per side per set.

## Standing Cross-body Crunches



**2 sets 30 secs 45 sec rest**

Go at it, non stop, for 30 seconds per set. Build up a little sweat here, and build those solid lower abs.

## Knee-to-Chest Lower Back Stretch

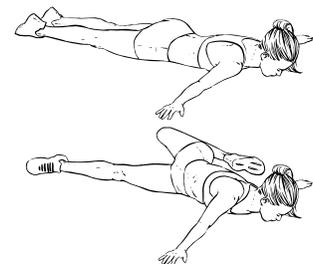


**0:30**  
rest

**2 sets 30 secs 20 sec rest**

Some more knee love. Give them a hug and stretch out those glutes.

## Scorpion Stretch



**0:30**  
rest

**2 sets 30 secs 20 sec rest**

Check out the instructions for this one! Lay, on each side, for 30 seconds. You've made it!



## Cobra Abdominal Stretch / Old Horse Stretch

Primary muscle group(s):

**Abs**

Secondary:

**Lower Back**

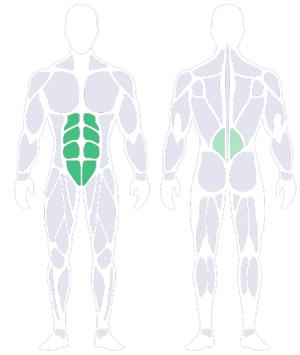
Lie face down with your hands under your shoulders.

Point your feet downwards to lengthen your spine.

Slowly push your torso up as far as you comfortably can – try to get your hips to rise off the floor slightly.

Hold the stretch and then lower down to starting position.

⚠️ Avoid this stretch if you have back problems.



## Cat Back / Backward Camel Stretch

Primary muscle group(s):

**Lower Back**

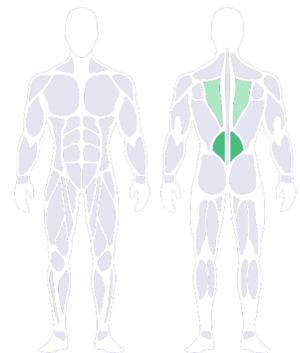
Secondary:

**Upper Back & Lower Traps**

Kneel on a mat with your hands and knees shoulder-width apart.

Pull your abs in, hunch your back up and flex your spine.

Hold the stretch and then release to the starting position.



## Bear Crawls

Primary muscle group(s):

**Abs, Shoulders**

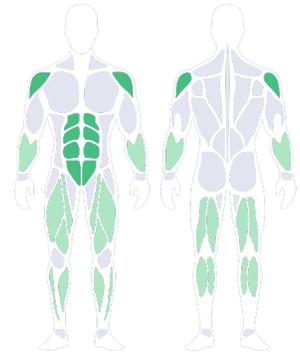
Secondary:

**Calves, Forearms, Hamstrings, Quadriceps**

Come to the ground, placing your knees below your hips and your hands below your shoulders. Elevate your hips up, extending your legs and arms. Keep the head in a neutral position.

Move the right hand forward as you simultaneously move the left foot forward. Afterwards, move the left hand and right foot forward.

Continue in this back and forth pattern, always moving the opposite hand and foot. Remember to brace the core throughout the movement.



## Double Side Jackknives

Primary muscle group(s):

**Abs, Obliques**

Secondary:

**Glutes & Hip Flexors**

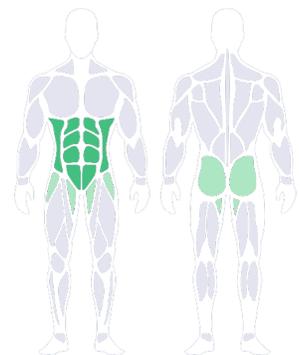
Bring yourself to the ground and lie on your left side. Be sure to stack your feet.

Place your left hand on your side while raising your right arm above your head so that the elbow is pointing towards the sky.

Focusing all of the tension and contraction in the obliques, bring your feet up while you raise your upper body. Lead with the right elbow.

Hold the contraction and slowly return to the starting position. Do not allow your feet or shoulder to touch the ground.

Repeat.



## Reverse Crunch

Primary muscle group(s):

Abs

Lie flat on an exercise mat on the floor.

Extend your legs fully and place your hands palms down, flat on the floor beside you.

Keeping your feet together, draw your knees up towards your chest, until your thighs are at 90 degrees to the floor and your calves are parallel to it. This is the start position.

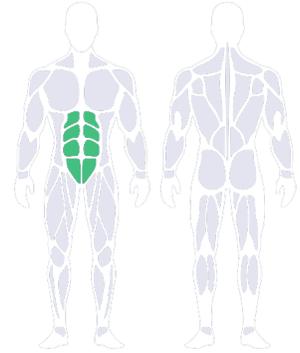
As you inhale, curl your hips up off the floor while bringing your knees further towards your chest.

Continue the movement until your knees are touching your chest, or as far as comfortable.

Hold for a count of one.

In a controlled movement, return your legs to the start position, exhaling as you do so.

Repeat.



## Dead Bug

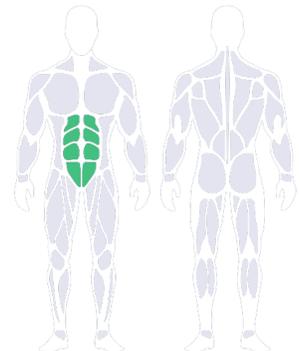
Primary muscle group(s):

Abs

Lie on your back. Extend hands straight above towards the ceiling. Bring your knees up to a 90-degree angle. Shins should be parallel to the floor. Exhale and bring hips off the floor.

Begin by extending one leg forward. The foot should be hovering just above the ground.

Pause then return the leg to its starting position while extending the opposing leg. Keep alternating legs while maintaining a tight core.



## Standing Cross-body Crunches

Primary muscle group(s):

**Abs, Obliques**

Secondary:

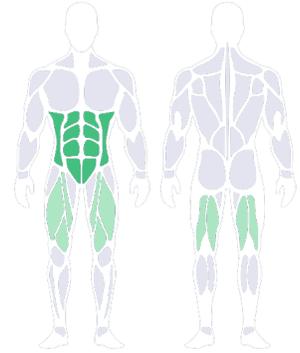
**Hamstrings, Quadriceps**

Standing up straight, bring your hands behind your head so that your elbows are pointed to the sides.

Twisting your body, bring your left elbow down and across your body. At the same time, raise your right knee up and across to meet the left elbow.

Return to the starting position.

Repeat on the other side and continue alternating.



## Knee-to-Chest Lower Back Stretch

Primary muscle group(s):

**Lower Back**

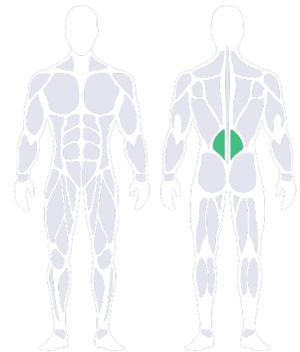
Lie on your back on a mat with your legs extended in front of you and backs of heels on the floor.

Grab hold of your right knee and gently pull it up to your chest until you can feel a slight stretch in your lower back.

Try to bring the knee as close to your chest as is comfortable while keeping the left leg relaxed.

Hold the stretch and then release the leg to starting position.

Repeat with the left leg.



## Scorpion Stretch

Primary muscle group(s):

**Lower Back**

Secondary:

**Glutes & Hip Flexors**

Lie face down on a mat or soft surface.

Place your hands at your sides for balance.

Keeping your shoulders touching the ground, raise the left foot straight up into the air.

Bend at the knee and bring your left foot over to your right side. Tap the ground with your toes.

Return the left leg to the ground and repeat on the other side.

