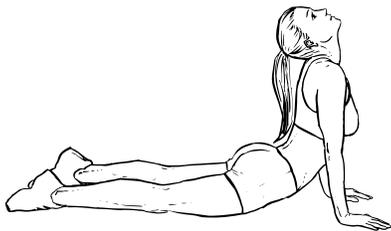


Straight to the Core!

33 min · Abs, Arms, Back

We are back with our wonderful core workout. Focus on getting yourself nice and warmed up for this one, you'll certainly need it! Reps have been added to today's workout to ensure some serious core progress. What are you waiting for?

Cobra Abdominal Stretch

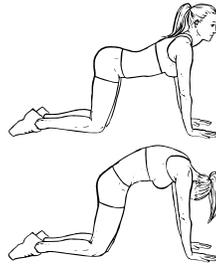


0:30
rest

2 sets 30 secs 20 sec rest

Hold this pose twice for 30 seconds, can you keep your knees off the ground?

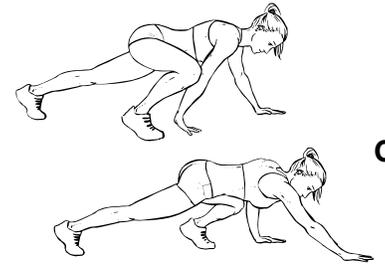
Backward Camel Stretch



2 sets 12 reps 30 sec rest

Open and close that lower back, like a lion getting ready for a chase.

Bear Crawls

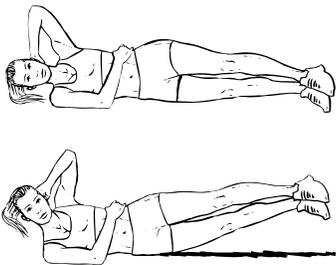


0:30
rest

3 sets 20 reps 45 sec rest

20 steps, use your core to maintain balance and stride largely with every pace.

Double Side Jackknives

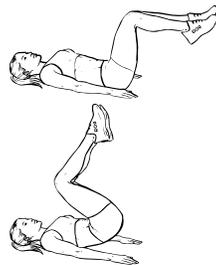


0:30
rest

4 sets 12 reps 45 sec rest

Left/right jackknives are the key to lateral core development. Get to it!

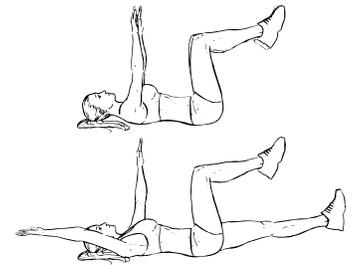
Reverse Crunch



2 sets 12 reps 30 sec rest

Try to use your muscles, rather than momentum here.

Dead Bug

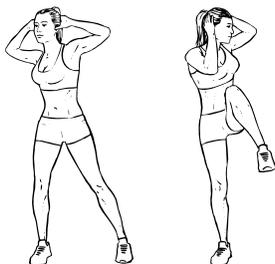


0:30
rest

2 sets 28 reps 30 sec rest

Hold on to your water bottle for a little bit of extra credit.

Standing Cross-body Crunches



2 sets 40 secs 45 sec rest

Draw each knee nice and high, but not to your face because that could hurt.

Knee-to-Chest Lower Back Stretch

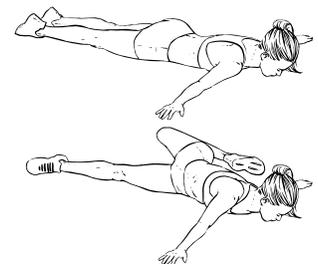


0:30
rest

4 sets 30 secs 20 sec rest

Our final stretches to finish out a sweaty day of core love.

Scorpion Stretch



0:30
rest

2 sets 30 secs 20 sec rest

On to my favorite pose, if you can, hold it for longer; but no sleeping! Over and out.



Cobra Abdominal Stretch / Old Horse Stretch

Primary muscle group(s):

Abs

Secondary:

Lower Back

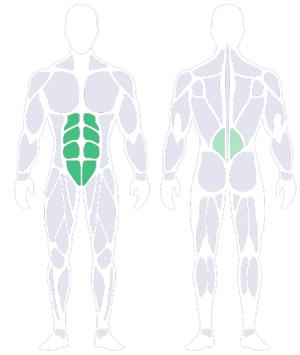
Lie face down with your hands under your shoulders.

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

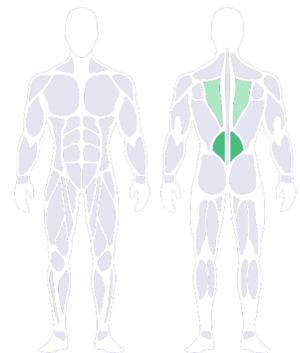
Secondary:

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

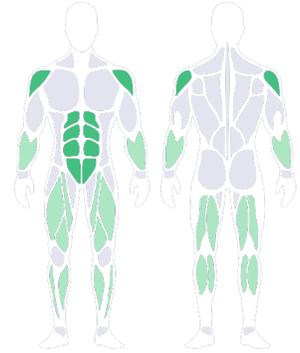
Secondary:

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

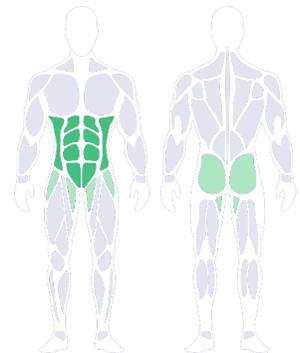
Bring yourself to the ground and lie on your left side. Be sure to stack your feet.

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.

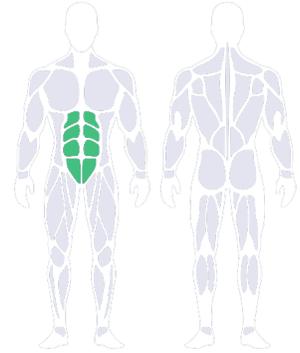
As you inhale, curl your hips up off the floor while bringing your knees further towards your chest.

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

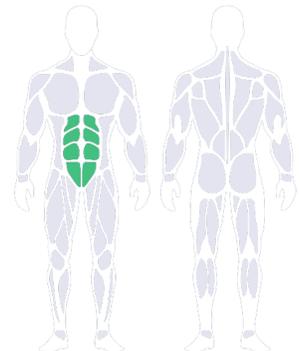
Primary muscle group(s):

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 it's 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:

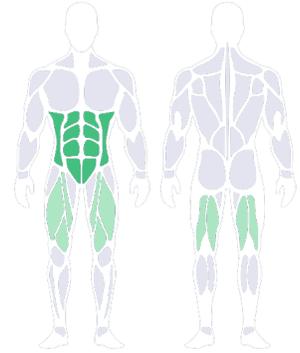
Hamstrings, Quadriceps

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

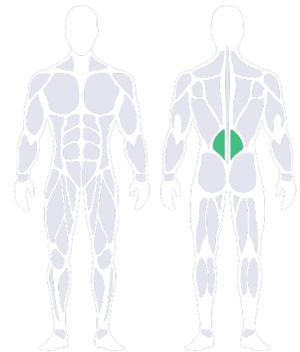
Lie on your back on a mat with your legs extended in front of you and backs of heels on the floor.

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.

