



Name: _____

Date: _____

Exercises	Time or #	res.	
Front plank	2 x 30 sec	BW	Lie face down on your toes and elbows.
Side plank	2 x 20 sec each	BW	Lie on side with elbow under shoulder. raise hips up. Place feet one on top of the other or in a line. Depending on balance.
Supine hip extension	3 x 30 sec	BW	Lie face up on floor. raise hips up from heels to shoulders. Remember to squeeze your bum as hard as you can.

Kneeling front raise	2 x 10	5 -10	While kneeling, raise arms up in front of you. Remember to brace your core the whole time.
Rear leg raise	2 x 10	BW	While lying face down on a stability ball, raise raise up to ceiling. Leave hands on floor for balance.
Russian twist	2 x 10 each side	BW - 10	Sit in a reclined position and rotate from side to side. Remember to rotate your shoulders, not just your arms.

NOTE
