

## 5 Core Exercises

*\*consult a physical before starting an exercise program*

Wow, there are some crazy difficult abdominal workouts out there! How and why do you choose which exercises to try? When we say “core” instead of abdominals we are referring to all the muscles around the midsection. It is important to include a variety of core exercises in your daily activity, particularly if you sit a lot. If you have a physical job it is still important to exercise your core area to keep your back muscles as well as your abdominal muscles strong.

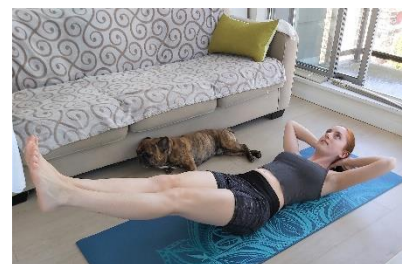
Here are 5 exercises that **focus** on different parts of the core area. It is difficult to isolate just one part, such as just obliques (the side abdominals) as other muscles are necessary to stabilize your body. (this is a good thing). So instead of thinking about the muscles you are working, it is often easier to think about the movement. If you choose exercises that have different movement directions, you will most likely cover all of your core muscles.

Perform each exercise slowly for 30 to 45 seconds, concentrating on technique. You must master the exercise without adding resistance first, then you can increase difficulty by adding a weight. Rest 30 seconds before moving to the next exercise. Do not hold your breath.

### Sit up to V touch



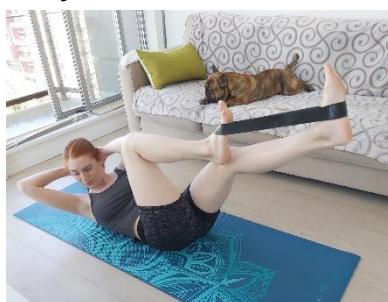
### Reverse Curl with leg lowering, single or double leg



### Plank with Side Reach



### Bicycle with mini band



Mini bands are a great, inexpensive tool to add intensity to exercises. You can purchase one for less than \$5 on-line or in store. The bands come in different widths. We like the hardest one!

### Plank with glide forward and back



Dishtowels,  
cloth napkins,  
and paper plates,  
all work as gliders!

### Plank with feet glide to pike

