



Core Celebration

Sky Reach

Start by laying on your back with your feet flat on the ground and your knees bent. Straighten your arms and raise to the vertical position. Stretch your arms up towards the ceiling and reach for it. Hold for 3-5 seconds. Your shoulders should come off the ground a couple of inches. Slowly return to the start position. Repeat 10-20 times.



Twist Crunch

Start by laying on your back with your feet flat on the ground and your knees bent. Place your fingertips behind your ears careful not to pull your head. Keeping your feet flat on the ground, twist your left elbow across your body attempting to touch your right knee. Your shoulder should only come off the ground a couple of inches. Hold this position for 1-2 seconds. Return to the start position and extend the right elbow towards the left knee and hold for 1-2 seconds. Return to the start position. Repeat 10-20 times.



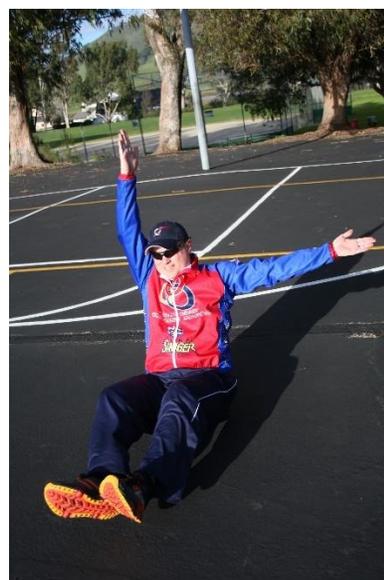
Marching

Start by laying on your back with your feet flat on the ground and your knees bent. Lay your arms straight on the ground next to your torso. Lift your butt up off the ground and hold. Lift one foot off the ground and then extend the lower leg till it is straight. Hold for 1-2 seconds. Return the foot back to the ground. Keep the hips up off the ground. Repeat with the other leg. Repeat 10-20 times.



Overhead Clap

Start by sitting on the ground with your feet flat on the ground. Lift your feet up off the ground and hover them a couple inches above it. Extend your arms straight and horizontal to the ground. Raise the left hand vertical so your upper arm touches your head. Quickly bring your right hand up to the vertical and clap your hands together. The right hand stays in the vertical position and the left goes back to the horizontal. Now clap the left to the right. Repeat 25 times. Increase the difficulty by sitting on a BOSU ball.



Lunge and Twist

Start by standing with both feet shoulder width apart and hands at your side. Take a step forward with your left leg into a lunge position and hold. Extend your straight arms till they are horizontal to the ground. Now turn your torso so your left arm is pointing ahead and your right pointing behind you. Hold for 1-2 seconds. Twist again so your right arm is pointing forward and your left back. Hold for 1-2 seconds. Return to your arm start position and then back up to your standing position. Repeat with the right leg lunging forward. Repeat 10-20 times.



Double Leg Raise and Split

Start by laying on the ground with your arms at your sides and your feet together. Raise your legs, keeping them straight, until they are vertical. Return them to the horizontal position but do not let your heels touch the ground. Hover them 1-2 inches over the ground. Now split your legs so they are in a Y position still hovering above the ground. Bring your heels back together and back on the ground. Repeat 10-20 times.

