



Core Combo

Bird Dogs

Start with on your hands and knees with your head facing the ground. Extend your right arm straight out till it is parallel to the ground while simultaneously extending your left leg out to the same position. Point your toes as well as your fingers. Hold this position for 3-5 seconds. Return to the start position and extend the opposite arm and leg, holding for 3-5 seconds. Return to the start position. Repeat 10 times.



Supermans

Lay on your stomach with both of your arms extended over your head and both legs behind you with all four resting on the ground. Lift your right arm and your left leg off the ground and hold for 3-5 seconds. Return to the start position. Lift the opposite arm and leg and hold for 3-5 seconds. Return to the start position. Repeat 10 times for each pose.



Prone Snow Angels

Lay on your stomach with both of your arms at your side and both legs behind you with all four resting on the ground. Lift both your arms and legs off the ground, hovering less than 6 inches above the ground. Rotate your arms from your side to above your head while simultaneously opening up your legs. You should now look like a letter "X". Hold this position for 3-5 seconds and return to the starting position. Repeat 10 times.



Hip Bridge

Lay on your back with your hands at your sides and your feet flat on the ground. Your knees are bent and pointing up to the sky. Lift up your hips until your pelvis is parallel to the ground. Hold this position for 3-5 seconds. Return to the start position. Repeat 25 times.



Wall Sits

Stand against a wall with your back flat. Move your feet away from the wall in front of you. Bend your legs until your thighs are parallel to the ground and hold this position. Keep your hands against the wall and tighten up your abs. Hold this position for 20 seconds. Return to the start position. Repeat 10 times.

