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## CORE EXERCISES

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**Forearm Plank:** Hold a forearm plank for up to a minute and increase more time as able.

**Side Plank:** Hold a side plank for up to 30 seconds and switch to the other side for 30 seconds.

**Straight Arm Plank (Push up hold):** Hold a push up position for up to a minute and every 5 counts do one push up.

**V- Ups:** Hold a V-sit for 3 sets of 20 seconds or more if able, build up to longer amounts of time.

**Walking Spider man:** Walk forward with weight on hands and feet with a straight back 5 strides forward, 5 strides backward/ and 5 strides to the right and 5 strides to the left.

**Mountain Climbers:** On hands and feet move feet to hands by alternating right leg and then left leg in a continuous motion for 3 sets of 20 counts or more if able. Can start out slow and speed up with practice.

**Tick Tack Toe:** Make a tic tack toe pattern with some tape on the floor, use bean bags or some other soft manipulative items to play. Face a partner in a push up position on either side of pattern and using one hand play a tic tack toe game with one another.

**High Fives:\*** In a push up position facing a partner practice “high fives”. Start with 10 “high fives” and work up to more as able. \* In a sit up position with feet together and knees bent, sit up and give each other a “high five” or give them “10” repeat 10 times and work up to more sit ups. You can support feet with one partner’s foot on top of yours and your foot on top of partners foot to secure feet from moving too much.

**Bicycle Crunches:** With knees bent toward chest lean back hands behind head and elbows extended out, touch opposite elbow to opposite knee and alternate between right elbow to left knee and left elbow to right knee while kicking leg out.

**Sit up and Pass a ball with a partner:** Same position as above but pass a ball (medium size medium weight) between you and a partner.

**Oblique Twists:** In a sit up position lean back with knees bent and twist to right and touch right elbow to floor then twist to left and touch left elbow to floor. Keep repeating sequence 15-20 repetitions, rest and repeat. For a challenge you can try to lift your feet off the floor while you do this.

**Supermans:** Lie down on your stomach and raise your arms in the air at the same time as you raise your feet off the ground and hold for counts of 10 seconds and increase the amount of seconds each time as long as you can.

**Bananas:** Lie down on your back and raise your hands over your head while lifting your shoulders off the floor at the same time as raising your legs and feet off the floor. This exercise is opposite of the superman position.

**Pendulum:** Lie on your back and keep your arms in a T, lower back on the floor and toes point up (flexed) position, raise up and swing legs side to side like a pendulum on a clock.

**Burpees:** Reach up then bring both hands down to the floor in a squat position extend legs out behind you, and back to a squat position, then reach up with hands extended above your head. For more power you could jump. Repeat (10 repetitions or more.)

**Wall Push- ups:** With both hands on the wall and feet away from the wall a couple feet while shoulder width from each other, bend elbows with chest toward the wall and push off the wall, repeat as many as you can.

**Bridge Ups:** In a crab walk position, look up to ceiling and bend your elbows lowering your back to the floor while keeping your bottom in the air and stomach as flat as you can and then press up making your arms straight again. Repeat up to 10-15 repetitions, rest and try again.