

STEP 1



STEP 2



Standard Plank

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



Plank with Hip Extension

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin on all fours.

Movement

Move your body forward into a plank position, with your elbows on the ground. Maintaining this position, lift one foot straight backward off the floor, then lower it back down and repeat with your other foot.

Tip

Make sure to keep your back straight and core engaged. Do not let your hips rotate to either side as you lift your legs.

STEP 1



STEP 2



STEP 3



Prone Alternating Arm and Leg Lifts

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin lying on your front, with your arms and legs stretched straight.

Movement

Keeping your elbow and knee straight, raise one arm and your opposite leg at the same time, then lower them and repeat on with your other arm and leg.

Tip

Make sure to keep your forehead in contact with the ground and do not let your back arch during the exercise.

STEP 1



STEP 2



Bird Dog

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin on all fours, with your arms positioned directly under your shoulders.

Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

Tip

Make sure to keep your abdominals tight and hips level during the exercise.

STEP 1



STEP 2



Mountain Climbers Slow

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin on all fours. Raise yourself into a push up position.

Movement

Bring one knee toward your chest, then return it back to the start and repeat with your other leg. Continue this motion.

Tip

Make sure to keep your abdominals tight, back straight, and shoulders over your hands.

STEP 1



STEP 2



Supine Single Leg Eccentric Hamstring Bridge with Slider

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin by lying on your back with your hips and knees bent and a slider under the heel of one foot.

Movement

Lift your hips off the ground into a bridge position, then lift your leg without the slider off the ground, keeping your knee bent. Slowly slide your heel forward lowering your body towards the floor.

Tip

Make sure to keep your abdominals tight and hips level during the exercise. Your movements should be slow and controlled.