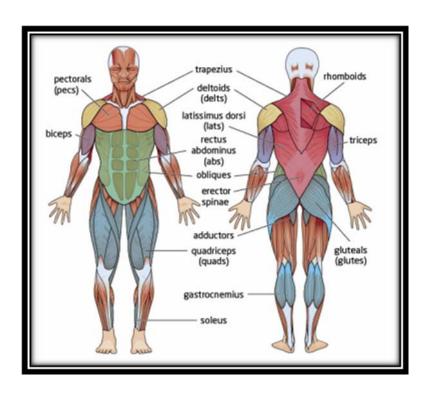
CORE BODY WORKOUT

PRESCRIPTION: PERFORM AT LEAST 3 OF THESE EXERCISES.

TIME: 15-30 MINUTES VARIES BASED ON HOW MANY EXERCISES YOU PERFORM.



Picture found at: http://www.what-is-fitness.com



Core Workout

Goal: Strengthen the stomach muscles

Workout Volume: Choose at least 3 or more exercises to perform.

** This is a nice complementary workout to a cardio workout. But can be done as the main workout.

Warm-up:

- 1. Jog 2 minutes on the track or treadmill. Jog at a moderate pace. You should be able to hold a conversation with someone.
- 2. Perform some dynamic movements of the body: full range of motion in hips, knees, ankles, shoulders and wrists. Do not hold any stretches as it could hinder performance and cause injury.

Workout:

- 1.) Stability Ball Crunches: 20-30 repetitions X 1 set
 - a. Sit on the stability ball and then slowly walk your feet forward until your entire back is supported by the ball. Place your hands either behind your head (but do not clasp your hands) or crossed in front of your chest. When ready, contract your abdominals and lift your shoulder blades off the ball. Hold this contraction for 2 seconds and then slowly lower your shoulder blades back down onto the stability ball. Perform 20-30 repetitions of this exercise.





- 2.) Bicycle Crunch: 20-30 repetitions X 1 set
 - a. Lie down on your back with your knees over your hips and your feet lifted parallel to the floor. Place your hands behind your head (but do not clasp your hands). When ready, lift your shoulder blades off the floor and touch your right elbow toward your left knee while simultaneously extending your right leg. Pull your right knee toward your head and touch your right knee with your left elbow. Alternate arms and knees. Perform 10-15 repetitions per side.





3.) V-Sit: <u>30-45 seconds X 1 set</u>

a. Position yourself on your buttocks with your knees bent in front of you and your feet resting on the floor. When ready, lift your feet and balance on your buttocks. If you can, attempt to extend your knees and point your toes toward the ceiling. Throughout this exercise, make sure your hands are lightly holding onto the back of your knees. Hold position for 30- 45 seconds.



4.) Standing Medicine Ball Rotations: <u>20-30 repetitions X 1 set</u>

a. Stand with your feet shoulder-width apart and hold a medicine ball with both hands in front of your chest. You must keep your hip and knees pointed toward the front of the room throughout the duration of this exercise. When ready, rotate your upper torso and the medicine ball toward your right side. Then rotate your torso and the ball toward the left. Alternate twisting right and left. Perform 10-15 repetitions per side.





5.) Bird Dog: <u>20-30 total repetitions X 1 set</u>

a. Position yourself on your hands and knees with hands under your shoulders and your knees under your hips. Contract your abdominals and begin by extending your right arm in front of your head and your left leg behind your buttocks. Hold this position for 2 seconds and then lower your arm and leg back to the all-fours position. Keep your spine straight and your abdominals engaged throughout this exercise. Now perform this exercise with your left arm and right leg. Alternate right and left. Perform 10-15 repetitions per side.





6.) Toe-Touch Crunches: 20-30 repetitions X 1 set

a. Lie down on your back with your legs and feet extended straight toward the ceiling. Place your hands crossed in front of your chest. When ready, contact your abdominals, begin lifting your shoulder blades off the floor (but do not pull on your head), and reach your hands to try and touch your shoe laces. Hold this contraction at the top for 2 seconds. Slowly lower your shoulder blades back toward the floor. Perform 20-30 repetitions of this exercise.





7.) Plank: <u>30-45 seconds X 1 set</u>

a. Position yourself on your elbows and toes with your body extended. Your elbows should be directly under your shoulders. In this position, your body should be in a straight line from your head to your heels. Be sure to contract your abdominals. Imagine pulling your navel toward your spine. Hold this plank position for 30-45 seconds.



b. Modified Plank: Position yourself on your elbows and knees with your body extended. Your elbows should be directly under your shoulders. In this position be sure that you are in a straight line from your head to your heels. Be sure to contract your abdominals pulling your navel toward your spine. Hold this modified plank position for 30-45 seconds.



8.) Reverse Curl-Ups: 20-30 repetitions X 1 set

a. Lie down on your back with your knees over your hips and feet lifted perpendicular to the floor. Position each arm straight out from your shoulders. When ready, contact your abdominals and lift your hips up. At the top of this position, your feet should be pointing toward the ceiling and your hips should be curled up toward your ribcage. Do not swing your legs. Simply lift your hips off the ground. Hold at the top of this position for 2 seconds and then slowly lower your hips back down to the floor. Perform 20-30 repetitions.





9.) Seated Torso Rotations: 20-30 repetitions X 1 set

- a. Sit on the floor with your knees slightly bent and hold a medicine ball in front of your chest. When ready, contract your abdominals and rotate your upper torso to touch the medicine ball to the floor on the right side of your body. Then rotate your upper torso to touch the medicine ball to the floor on the left side of your body. Alternate twisting right and left. Perform 10-15 repetitions on each side.
- b. For more advanced workout go into a v-sit by lifting the feet off the ground and sitting on your buttocks only.





10.) Crunches: 20-30 repetitions X 1 set

a. Lie down on your back with your knees bent and your feet resting flat on the floor. Place your hands either crossed in front of your chest or behind your head (never clasp your hands behind your head). When ready, contract your abdominals and begin lifting your shoulder blades off the floor (but not pulling on your head). Hold this contraction at the top for 2 seconds and then slowly lower your shoulder blades back toward the floor. Perform 20-30 repetitions of this exercise.





Cool Down:

- 1. Great job! You did it! Now take a few laps around the track, either jogging or walking.
- 2. Stretch. Focus on your shoulders, biceps, upper and lower back, quads, inner thighs, and abdominals. Hold each stretch for 10-30 seconds.