

## CORE EXERCISES

### 1. YWTA

- lie on the ground on your front
- keep your legs on the ground
- raise up your chest and form a Y with your arms outstretched in front of you
- hold for 3s
- now bend your elbows and squeeze your shoulder blades together to form a W
- hold for 3s
- now stretch your arms out like an airplane and form a T
- hold for 3s
- Now rotate your palms so they face upward (your thumb should move towards your ass direction) and keeping your arms straight bring them together so they are just above your ass and your chest is fully lifted this make an A (kind of like people who do skydiving and want to go really streamline and fast)
- hold 3s
- then rotate your palms back to the floor and bring them back to the Y position
- do the whole thing 5 times through then have a break then again 5 times through.

### 2. SIDE PLANK

- make sure your body is in a straight line with your hips as though you could stick a pole through them and into the ground.
- Don't stick you bum out
- If you can get your leg into the air then do so!

### 3. RUSSIAN TWISTS

- Sit with your legs straight out in front
- Lean back to 45<sup>0</sup>
- Holding a water bottle or weight twist from side to side keeping your shoulders straight (the twist comes from the torso not the arms!)
- Each side counts as one. (so side to side would be 2)

### 4. X-LEG SIT UPS

- Sit with your legs crossed
- Arms folded across chest
- Slowly lower your vertebrae down onto the ground
- Sit back up if you can, if not just use your arms and then lower again
- Try to keep your knees down!

### 5. PLANK FRONT

- Do this with your arms straight or bent
- Keep your head up slightly
- If you find this easy then practise doing with 30s of just one arm and one leg (opposites) then 30s the other way WITHOUT LOSING YOUR FORM! (keep hips facing down)

6.