



CORE STRENGTH SIX PROGRAM

1.) FULL PLANK (3 Sets of 30 seconds each)

Starting Position: Start by balancing on your elbows and your toes, while keeping your body in a straight line.

Form: This is one of the three isometric exercises for stomach muscles that I use regularly. Hold the same position for 30 seconds without moving.



2.) SIDE PLANK (3 Sets of 30 Seconds Each)

Starting Position: Start by balancing on your elbow and your feet. Place your foot that is closest to the ground in the front, and keep your body in a straight line.

Form: This is an isometric exercise for the stomach, which simply means that you hold the same position without moving. Hold for 30 seconds.

#1 Foot position: You can stack your feet one on top of the other to challenge your balance even more.

#2 Top hand position: You can also place your top hand on your hip to make it easier to balance.

#3 Bottom arm position: You can make this exercise a little more challenging by balancing on your hand and feet.

These variations are isometric exercises for stomach, oblique, and back muscles.



4.) BICYCLE CRUNCH (4 Sets of 25)

Starting Position: Lie on your back with your hips bent about 90 degrees and your hands behind your head.

Form: As you curl your body forward, like in a crunch, bring your right knee towards your left elbow and extend your left leg out 45 degrees. While keeping your shoulders lifted off the floor continue alternating from left to right, bringing your opposite knees and elbows together.



5.) LEG RAISES (4 Sets of 25)

Starting Position: Lie on your back, with your hands at your side or just under your buttocks.

Form: Keeping your knees slightly bent, lift your legs straight in the air. Keep your back flat against the floor throughout the movement, especially as you lower your legs. Keep tension on your abs by not lowering all the way to the floor. The lower you extend your legs the more challenging this exercise is for the ab muscles and lower back.



6.) V-Sit with a Twist (4 Sets of 25)

Starting Position: Begin sitting on the floor with your knees bent and your feet flat on the floor. Press your hands together, extending your arms out in front of you, and recline back so that your body is angled about 45 degrees.

Form: Keeping your lower body still, twist your body to the right and then to the left.



TRACKING YOUR PROGRESS ON YOUR CALENDAR IS VERY IMPORTANT. DON'T DO MORE IN ONE SESSION THAN WHAT IS RECOMMENDED.