



PROJECT: GET IT DONE TOGETHER

Core Workout

SIT UP: lay on back, knees bent feet flat on floor. lift torso up to thighs trying to touch elbows to knees

PLANK: lay face down on floor, lift hips up keeping body on a straight line (can be on elbows or forearms) Modification, keep knees on floor

MOUNTAIN CLIMBERS: start in full plank, hands under shoulders, body in a straight line. alternate bringing knees to chest, option to go slower run the knees in

SWIMMERS: lay on stomach, reach arms straight in front on you, legs long behind, lift arms and legs and kick legs as if you are swimming

GLUTE BRIDGE: lay on back, knees bent, feet flat on floor. press into feet and lift hips up and down

V-SIT: sit on glutes, roll back halfway until resting about tailbone and try to lift arms and legs off floor balancing body in a v shape

BIRD DOG: on hands (arms under shoulders) and knees (under hips), reach opposite arm and leg away from the body, alternate sides