

Advanced Core Strength Program



1.Beginning Position (BP) – On your back, hands beside your body.



Lift your legs and body off the floor until arms and legs are parallel. Return slowly to BP. 10 repetitions.



2.BP – Begin as in exercise number one.



Lift your legs and body off the floor until arms and legs are parallel.



Once the legs and arms are parallel, twist at the waist until the arms are pointing perpendicular to your legs. Hold several seconds before returning to arms and legs parallel.



Twist in opposite direction. Slowly return to BP. 10 repetitions.



3.BP – From your back with your arms beside your body, lift your legs until they are parallel to the body.



From that position, lift your legs straight up. Slowly return to lying flat on the ground. 10 reps.



4.BP – On your back, hands beside the body, legs bent at the knees, feet on a bench.



Lift the torso up until straight. Hold several seconds. Slow return to BP. 10 reps.



5.BP – Face down, elbows and feet on the floor.

6.BP – Same as exercise 5, just face up. (Note: alternate exercises 5 and 6).



Lift your body off the floor until straight. Hold for 30 seconds. 2 reps.



7.BP – On your left side. Left elbow and foot on the floor.

8.BP – Same as number 7, but on your right side. (Note: alternate exercises 7 and 8)



Lift your body off the floor straight. Hold for 30 seconds. 2-4 reps.



9.BP – Sit on the floor, hands palm down on the floor pointing back behind you.



Lift your legs off the floor together. Write the numbers 1-10 with both legs together. Keep your arms straight at the elbows.

The ab roller in exercise 10 is a simple tool, but very effective for core and upper body strength maintenance. If it feels too hard at the beginning of your program, start with a short distance from the wall and use it as a stopper. Every week, increase the distance until you're able to do a few good repetitions without the wall. Then, build your total from there.



10.BP – On your knees holding ab roller.



Roll the roller forward until your body is straight. Hold your weight off the floor. Easy return to BP