

Core Strength for Beginners



1. Beginning Position (BP) – on your back, hands beside the body, legs at 90 degrees to floor.



Lower your legs to 45 degrees. Hold several seconds, return to BP.



2. BP – On your back, hands behind the head, legs bent at the knees, feet on the floor.



Lift your body up as far as you can. Hold several seconds. Slowly return to BP.



3. BP – On your back, hands beside your body, legs straight, slightly off the floor.



Lift your leg as far as you can, without bending the knee. Return to BP and switch legs.



4. BP – On your back, hands beside your body, legs straight.



Lift your body up with your hands leading until your arms are parallel to the floor. Return easily to BP.



5. BP – On the floor, legs straight, hands behind head. Lift your legs and shoulders off the floor.



Bend your left leg at the knee, twist at the waist, and try to touch your right elbow to your left knee. Hold for several seconds. Return to BP and switch sides.



6.BP – On your hands and knees.



Lift your left leg and right arm up. Hold several seconds. Return to BP. Switch sides.



7.BP – On your stomach, arms straight up.



Lift your arms and legs off the floor. Hold for several seconds. Return to BP.



8.BP – On your stomach, arms straight up. Lift your arms and legs easy off the floor.



Lift left leg and right arm from floor. Hold several seconds. Switch sides.



9.BP – On your stomach, arms behind your back, interlace your fingers.



Lift your upper body off the floor, try to reach back with your arms. Keep your legs on the floor at all times. Hold several seconds. Easy return to BP.



10.BP – On your stomach, arms beside the body.



Lift your thighs off the floor, keep your shoulders down. Hold several seconds, then return to BP.