

Exercises & Stretches for your Core



Exercise 1 Core Twists

Standing or sitting face forward. Turn your upper body and head to one side, as if you are looking over your shoulder.

Keep your hips facing forward. Return to the starting point and do the same on your other side.

3 SETS OF 10 REPS



Exercise 2 Side Bends

Sitting forward in your chair, start with both arms by your side. Slowly bend to one side keeping your head and neck in line with your spine.

Return to the start and repeat on your other side.

Make sure you don't bend forward or back during the side movement.

3 SETS OF 10 REPS



Exercise 3

Plank Hold Against Wall

Start standing hip-width apart facing the wall.

Place both hands against the wall so your arms are extended. Slowly, place one leg at a time back as far as is comfortable.

Hold for 30 seconds then rest for 10 seconds (Repeat x 6)



Exercise 4

Seated Crunch

Sitting at the edge of your chair, bring one knee up and touch it with your opposite elbow.

Repeat with your other knee and hand.

3 SETS OF 12 REPS



Exercise 5

Extended Leg Raises

Sit at the edge of your seat with your back straight, place both hands at either side of your seat.

Stick both feet out in front of the body, toes facing the ceiling. Lift one leg up to the highest point possible, leave your other leg in the starting position.

Slowly lower your leg down and repeat with the opposite leg.

3 SETS OF 10 REPS



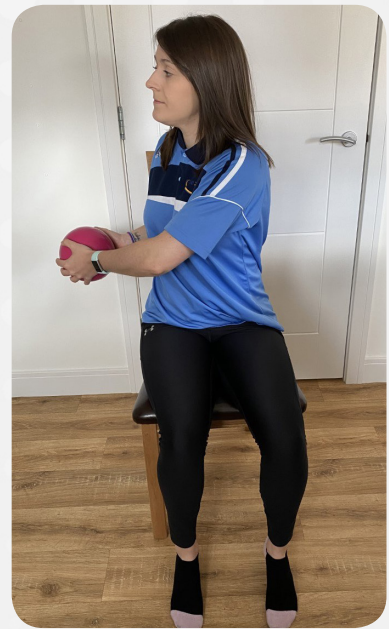
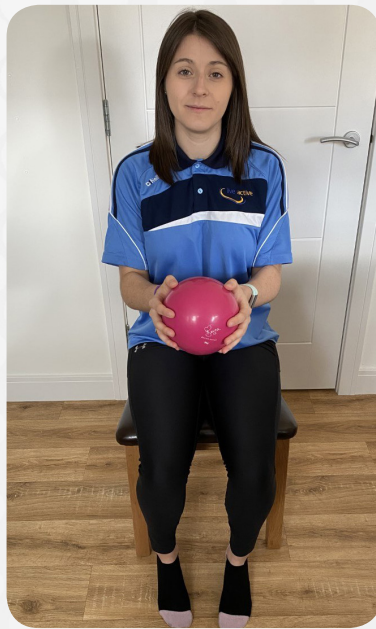
Exercise 6

Seated Twists

Sitting at the edge of your chair, holding a ball or whatever you can find, out in front of you.

Keep your core tight and rotate your body to the right, back to the middle and then to the left to complete one rep.

3 SETS OF 10 REPS



Stretch 1

Side Stretch

Reach up to the ceiling with one hand, hold onto the chair with the other.

Try to reach as high as you can and over your head as far as possible.

Repeat with your other arm.

Hold for 15 seconds and repeat 3 times.



Stretch 2

Back Stretch

Bring both hands in front of the body, level with your shoulders.

Link your fingers together and round your upper back.

Hold for 15 seconds and repeat 3 times

