

Exercises & Stretches: Core Pyramid Workout



Pyramid Workout Format

This week we complete 5 sets, with each one adding another exercise to make it harder. Once your strength has built over time, you can work your way back down the pyramid too.

Set 1 - Exercise 1

Set 2 - Exercises 1 & 2

Set 3 - Exercises 1, 2 & 3

Set 4 - Exercises 1, 2, 3 & 4

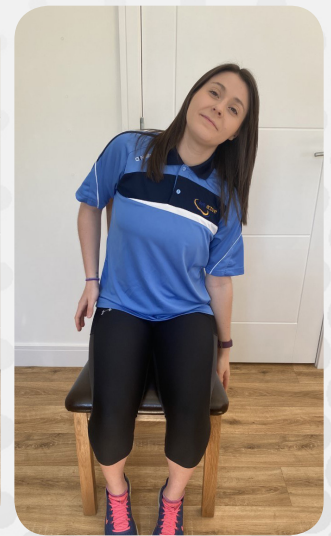
Set 5 - Exercises 1, 2, 3, 4 & 5

Exercise 1 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.

5 REPS EACH SIDE

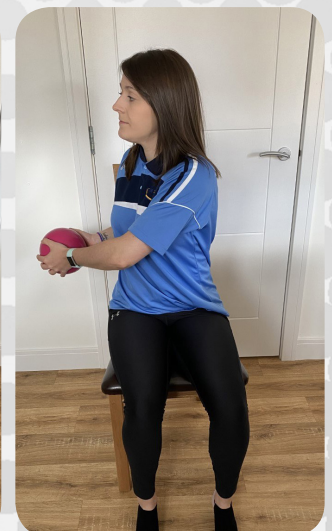
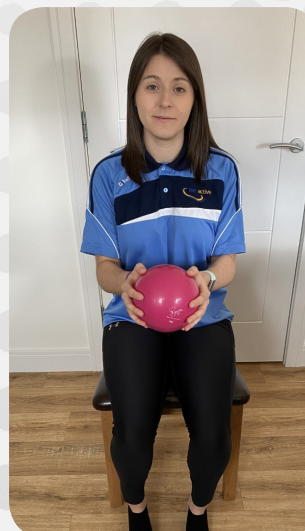


Exercise 2 Seated Twists

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.

5 REPS EACH SIDE



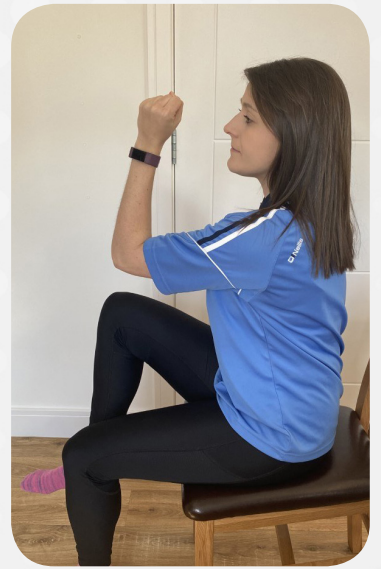
Exercise 3

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.

5 REPS EACH SIDE



Exercise 4

Extended Leg Raise

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

5 REPS EACH SIDE



Exercise 5

Plank 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



Stretch 1

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



Stretch 2

Chest Stretch

Sitting in a chair, lean forward slightly and run your hands up the side of the backrest of the chair. Hold at the top of this movement.

Hold for 15 seconds and repeat 3 times



Stretch 3

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

