



SEASONAL FITNESS CHALLENGE

WINTER TIP 3

Core Galore



BE ACTIVE



The core is the body's powerhouse, if it isn't strengthened and balanced it makes other activities difficult. The core includes the entire trunk, not just the abdominal muscles. Try these exercises a couple times a week to see how your activities of daily life and workouts become easier to do. Don't forget to stretch afterwards!

WORKOUT: Do each exercise for 45 seconds, for 2 rounds.



Plank Hip Dips

Begin in forearm plank position with body straight from head to heels, shoulders stacked directly above elbows. Pivoting on the toes, rotate the hips to the left side as far as you can go. From there twist over to the right side as far as you can go. Repeat.



Mountain Climbers

Begin in plank position with shoulders above wrists, core engaged. Bend your right knee and bring it up toward the chest, underneath the body. In one smooth motion, switch your legs, keeping your arms in the same position. Continue switching legs.

Modified: Reduce the pace to reduce the impact.



Jack Knives

Lie on the back with arms and legs extended straight out. Gently raise all four limbs to meet in the center of the body, the shoulders and the hips should lift slightly off the mat. The goal is to create a teardrop shape with the body. Slowly lower all four limbs until they are a few inches above the floor, then raise them back up. Not touching the floor increases the amount of tension on the muscles, working them harder.



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Russian Twists

Sit on the floor with your legs in front of you, knees bent, and heels lifted a few inches into the air. Lean back at a 45° angle. Slowly rotate your torso to the right, pause, then to the left.



Leg Raises

Lie on the back with legs extended. Place the hands palm down beside the hips or even slightly tucked under the hips. Press the feet together as you gently raise the legs up to 90°, then slowly lower back down until they are a few inches above the floor. Repeat.

Modified: Only lower the legs down to a 45° angle.



Straight Leg Sit Ups

Lie on the back with arms straight overhead and legs extended. Keep the legs planted as you roll the body all the way up to a seated position, aiming for a 90° of the hips. Lower back down and repeat.



Reverse Crunch

Lie on the back with the hands palm down beside the hips. Straight the legs, press the feet together, and lift the legs up to a 90° angle. Squeeze the abdominals to raise the hips off the floor, pushing the feet up toward the ceiling. They may only lift a few inches. Slowly lower and repeat.



Superman

Lie face down on the mat, arms and legs extended straight out. Exhale as you squeeze the glutes and abdominals to raise the arms and legs off the mat. Hold this position, make sure you are breathing!

Modified: Lower the limbs all the way to the mat between repetitions.

