

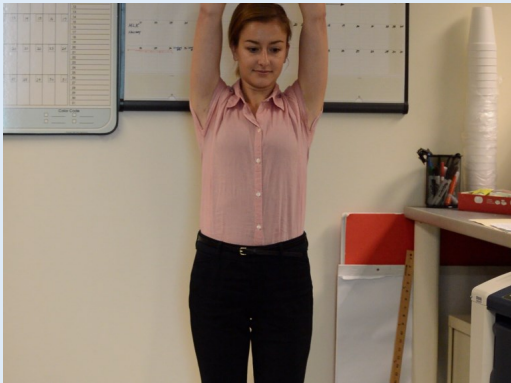


Core Workout

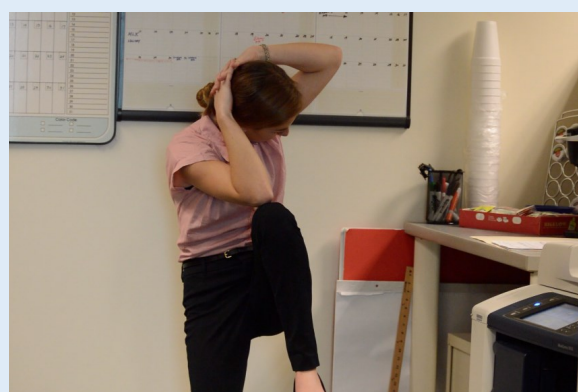
Move through each individual exercise sequentially for one set. For a full workout, complete two sets. The number of repetitions for each exercise is listed below.

This workout will take about five minutes.

Helpful Tip: Engage your core during each exercise. To do so, tighten your abdomen or pull your navel in towards your spine and up towards your ribcage.



Standing Crunches: Start with legs shoulder-width apart. Raise your hands above your head and bring them down together as you simultaneously raise one knee. Release your leg back to the floor and arms back above your head. Repeat this movement with the other leg. **This constitutes 1 repetition. Repeat this exercise for 20 repetitions.**



Standing Cross Crunch: Place your hands behind your head with elbows pointed outward. Raising your left knee, bring the right elbow across your body to meet the left leg. Release back to the resting position and repeat with opposite elbow and leg. **This constitutes 1 repetition. Repeat for 20 repetitions.**



Standing Side Crunch: Start with legs wider than hip-width apart. Raise your arms to shoulder-height, with hands resembling a field goal. Raise your left knee to meet your left elbow, as your crunch to the left. Return to neutral position and repeat on your right side. **This constitutes one repetition. Repeat this exercise for 10 repetitions.**



Flutter Kicks: In a seated position, extend legs out in front of you, approximately 6 inches off the ground. Engage your core and perform shallow kicks, as if you were swimming in a pool. For a challenge, try scooting to the edge of your chair. **Perform this exercise for 30 seconds.**



Planks on a chair: Using a sturdy chair, place your hands on the edge of the seat and assume a plank position with legs extended behind. Maintain a flat back and keep your head in line with your spine. **Hold this position for 60 seconds.**