

Daily Workout

CORE

Discover. Connect. Belong.

Step 1: Jump rope or jog in place for five minutes.

Step 2: Two sets of **planks** - Place forearms on the floor with elbows aligned below shoulders and arms parallel to your body at about shoulder width. If flat palms bother your wrists, clasp your hands together. Place your toes onto the floor with your feet flexed. Squeeze your abdominals and glutes to stabilize your body. Keep your head a natural extension of your spine. Keeping your body as straight as possible, hold this position for at least 30 seconds. Build up to one minute and beyond incrementally. To make this exercise more challenging, take it up to your hands with your arms extended below your shoulders.

Step 3: Two sets of **side planks** to each side - Start on your side with your feet together and one forearm directly below your shoulder. Contract your core, and raise your hips until your body is in a straight line from head to feet. Keep your head in line with your body and look immediately in front of you. Hold the position without letting your hips drop. Hold this position for at least 30 seconds. Build up to one minute and beyond incrementally. To make this exercise more challenging, extend the arm that is under your body, balancing on your hand instead of your forearm.

Step 4: Three sets of **supermans** - Lie on our stomach with your face looking down, arms extended overhead and legs straight back from your hips. **Slowly lift both legs and arms simultaneously and hold for 10-15 seconds**, then lower slowly. If this is too difficult, lift one arm and the opposite leg, then lower, and repeat with the other arm and leg.



Superman



Step 5:
Finish with 30 **alternating high knees**.



Planks



Side Planks