



Exercises for Core Strength

You can do these in order, mix them up, or choose your favorites to build your own program.

1. **Plank:**

- Start in a push-up position with your hands directly under your shoulders and your body in a straight line from head to heels.
- Engage your core muscles and hold this position, keeping your abs and glutes tight.
- Aim to hold for 30 seconds to 1 minute, gradually increasing the duration as you progress.
- Repeat for 2-3 sets.

2. **Dead Bug:**

- Lie on your back with your arms extended towards the ceiling and your knees bent at a 90-degree angle, directly over your hips.
- Keeping your lower back pressed into the floor, slowly lower one arm and the opposite leg towards the ground.
- Return to the starting position and repeat on the other side.
- Aim for 10-12 repetitions on each side, for 2-3 sets.

3. **Russian Twists:**

- Sit on the floor with your knees bent and feet flat on the ground, leaning back slightly to engage your core.
- Hold a weight or medicine ball with both hands in front of your chest.
- Rotate your torso to the right, bringing the weight towards the floor beside your hip.
- Return to the center and repeat on the left side.
- Aim for 10-12 repetitions on each side, for 2-3 sets.

4. **Bicycle Crunches:**

- Lie on your back with your hands behind your head, elbows pointing out to the sides, and legs lifted, knees bent at a 90-degree angle.
- Engage your core and lift your shoulders off the ground, bringing your right elbow towards your left knee while extending your right leg straight.
- Switch sides, bringing your left elbow towards your right knee while extending your left leg straight.
- Continue alternating sides in a pedaling motion.
- Aim for 10-12 repetitions on each side, for 2-3 sets.

5. **Bird Dog:**

- Start on your hands and knees in a tabletop position, with your wrists aligned under your shoulders and your knees under your hips.
- Extend your right arm forward and your left leg back, keeping your hips and shoulders square to the ground.

- Hold for a moment, then return to the starting position and repeat on the other side.
- Aim for 10-12 repetitions on each side, for 2-3 sets.

6. Mountain Climbers:

- Start in a plank position with your hands directly under your shoulders and your body in a straight line from head to heels.
- Engage your core and bring one knee towards your chest, then quickly switch legs, alternating the movement.
- Keep your hips down and your core tight throughout the exercise.
- Aim for 20-30 repetitions (10-15 per leg), for 2-3 sets.

7. Leg Raises:

- Lie on your back with your hands under your glutes for support or by your sides.
- Keeping your legs straight, lift them towards the ceiling until they are perpendicular to the ground.
- Slowly lower your legs back down towards the ground, stopping just before they touch.
- Aim for 10-12 repetitions, for 2-3 sets.

8. Reverse Crunches:

- Lie on your back with your knees bent and feet lifted off the ground.
- Engage your core and lift your hips off the ground, bringing your knees towards your chest.
- Lower your hips back down to the starting position with control.
- Aim for 10-12 repetitions, for 2-3 sets.

9. Side Plank:

- Lie on your side with your legs extended and stacked on top of each other.
- Prop yourself up on your bottom elbow, keeping it directly under your shoulder, or on your hand for a more advanced version.
- Lift your hips off the ground, creating a straight line from head to heels.
- Hold this position, engaging your core and keeping your body stable.
- Aim to hold for 30 seconds to 1 minute on each side, for 2-3 sets.

10. Banana Body Hold:

- Lie on your back with your arms extended overhead and your legs straight out.
- Lift your arms, shoulders, and legs off the ground, creating a "banana" shape with your body.
- Keep your lower back pressed into the ground and engage your core.
- Hold this position for 20-30 seconds, for 2-3 sets.

Performing these exercises regularly can help build core strength and stability over time. Start with fewer repetitions or shorter hold times if you're a beginner and gradually increase as you progress. It's essential to maintain proper form and technique throughout each exercise to maximize effectiveness and prevent injury. If you have any existing health conditions or concerns, consult with a healthcare professional before starting a new exercise routine.