

Core Work Out 9

Exercise	Reps
Super Humans	2x 20
Bicycle Crunch	2x 20
Side Plank	2x30 secs
Swiss Ball Oblique Crunches	2 x20
Swiss Ball Russian Twists	2 x15
Swiss Ball Alternating Leg Extensions	2 x 20
Swiss Ball Frog Kicks	2 x 20
Plank	2 x 25 secs
Back Extensions	2 x 20
Scissor Kicks	2 x 20

1. Super-humans



Muscles used

- Rectus abdominis
- Transverse abdominals
- Hip extensors & flexors
- Gluts
- Hamstrings/Quads

Advice on Technique

- Start the exercise on your hand and knees, with your support hands in line with your shoulder
- Then straighten one arm and the opposite leg, keeping the torso tight and maintain your balance
- The supporting leg should be 90 degrees at the knee and in line with the hip
- Lower back down and repeat or change to opposite arms and legs

2. Bicycle Crunch



Muscles Used

- Rectus abdominis
- Internal and external obliques
- Gluts

Advice on Technique

- Start with feet flat on the floor with legs bent at 45 degrees
- Hands touching your temples and elbows also at 45 degrees
- Head and shoulders should be raised slightly off the floor
- Bring your right elbow to left knee and vice versa
- Keep movement flowing smoothly

- Keep legs raised off the floor throughout the exercise

3. Side Plank



Muscles Used

- Rectus abdominis
- Internal and external obliques
- Transverse abdominals

Advice on Technique

- Forearm on mat with shoulder and arm in one line
- Legs on top of one another
- Lift the body off the floor keeping the core tight
- Rest one hand on the hip to help with balancing the body
- Swap side once you have completed the manoeuvre

4. Swiss Ball Oblique Crunches



Muscles Used

- Rectus abdominis
- Internal and external obliques
- Transverse abdominals
- Gluts

Advice on Technique

- Start by sitting on the ball
- From the sitting position, walk your body forward until your hips are just off the ball and your back is over the ball
- Keep your feet about shoulders width apart to help you maintain your balance
- Have your fingers placed at the temples of your head with your elbows flared out in-line with your ears
- Keeping your hips and lower body still, crunch forward and lift your shoulder blades off the ball
- As you get about halfway up, twist your body to one side. Hold at the top, and as you uncurl and lower untwist your body before repeating on the other side

5. Swiss Ball Russian Twist



Muscles Used

- Rectus abdominis
- Internal and external obliques
- Transverse abdominals
- Gluts

Advice on Technique

- Start by sitting on the ball
- Walk your feet forward until your head and upper back are supported on the ball
- Place your hands together, pointing towards the ceiling
- While keeping your hips as stationary as possible, rotate your body to one side so that one shoulder lifts off the ball. Repeat on the other side
- Focus on rotating your torso and not just your arms

6. Swiss Ball with Alternating Leg Extensions



Muscles Used

- Rectus abdominis
- Internal and external obliques
- Transverse abdominals
- Gluts
- Hip extensors & flexors

Advice on Technique

- Start by laying flat on your back with your arms slightly out from your side for support and balance and place both feet on the stability ball
- Push through your heel and bridge up until your body is in a straight line
- Maintain the bridge position throughout this exercise
- While stabilizing with your right leg, straighten your left leg
- Pause for 1 second before replacing your left foot back on the ball
- Repeat on the other side
- Only your legs should move throughout this exercise, your back should be still and solid

7. Swiss Ball with Frog Kicks



Muscles Used

- Rectus abdominis
- Internal and external obliques
- Transverse abdominals
- Gluts
- Hip extensors & flexors

Advice on Technique

- Start by placing your feet on the ball from the push up position
- Keep your body in a straight line, and pull in your stomach muscles to stabilize your spine
- Bring in your right knee towards your right elbow
- Then repeat on the left side
- Move in a smooth alternating fashion

8. Plank



Muscles used

- Rectus abdominis
- Transverse abdominals
- Internal and external obliques

Advice on technique

- Lie prone on the floor with feet together and forearms on the floor
- Lift body off the ground until it forms a straight line from head to toes, resting on your forearms & toes
- Keep back straight and chin tucked in
- Hold for 15-30 seconds

9. Back Extensions



Muscles Used

- Erector Spinae
- Rectus abdominis

Advice on Technique

- Lie prone on the floor, legs shoulder width apart, straight and pointing forward
- Elbows out and fingers touching the temples
- Activate gluts, tuck chin in and pull back shoulder blades
- Slowly lower upper body to end range
- Raise upper torso to a neutral position, keeping chin tucked and shoulders depressed
- Repeat movement

10. Scissor Kicks



Muscles Used

- Rectus abdominis

- Transverse abdominals
- Gluts
- Hip extensors & flexors

Advice on Technique

- Start by sitting on a mat with your upper body propped on your elbows
- Lift your legs to about 45 degrees and position them shoulder width apart
- Next bring your legs together and cross one leg over the other like a pair of scissors
- Repeat the scissor motion but alternate which leg goes on top
- Keep a tight core throughout the exercise to support your lower back