



715-571-7788 office * FreeFitTips.com

CORE STRENGTHENING

Directions: Plan on performing a few different exercises to really fatigue your core. Choose a combination of exercises to focus on your upper/lower abs, lower back and oblique areas.

Pilates Exercises

Hundred

Start Position- Supine. Feet flat on floor, knees bent. Lift head, neck & shoulders and arms up off the floor. Position arms straight along the side of your body.

Movement- Arms pulsate up and down during each one second count, small movement. Inhale for 5 seconds, & exhale for 5 seconds. Repeat to complete 100 pulsations.

Roll Up

Start Position- Supine. Legs straight & extended, arms straight & extended over your head. Hands and feet should touch the floor, avoid popping rib cage off the floor.

Movement- Keeping your arms straight, bring them up over your head, chest, torso, legs...reaching for your toes.

Avoid jerking your body and using momentum during the movement. Slow & controlled. Inhale prepare, exhale move, inhale hold (reaching for your toes), exhale release returning to start position.

Body Ball Exercises

Skier

Start Position- Push up position with legs on top of the ball. (Place ball near upper leg)

Movement- Slow & controlled, twist your torso 45 degrees with hips stacked parallel to the floor. Return to the start position and twist onto your other side. Repeat.

Sit Up - Table Form

Start Position- Sit on the ball, roll out until hips are directly on top of ball. Both hands and feet should be touching the floor. Keep shoulders and hips level with floor, avoid creating a rainbow/arching your back over the ball.

Movement- Slow & controlled, lift chin towards the ceiling, small movement. Return to start position. Repeat.

Ab Crunch

Start Position- Supine, lying on the floor. Squeeze ball between your feet and butt. Place hands behind your head, elbows wide.

Movement- Simultaneously lift ball off the floor and lift your upper body to allow your elbows and knees to touch. Return to start position. Repeat.

Ball/Leg Lift

Start Position- Supine, lying on the floor. Legs fully extended with ball squeezed between feet. Place hands under your butt to help support your back during exercise.

Movement- Lift ball off the floor to approximately a 45 degree angle. Return to start position. Repeat.

Superman

Start Position- Prone, lie on top of the ball, place ball near your hip area. Feet shoulder width apart pushed up against the floor and a wall. Hands tucked into chest, elbows tucked to your sides. Look down at the floor.

Movement- Extend arms straight out and lift head looking straight ahead. Avoid arching your back. Create a straight line from head to toe. Return to start position. Repeat.

Plank Hold

Start Position- Squat down between the ball and a wall. Place feet, shoulder width apart up against the floor and wall. Lean over the top of the ball, placing your fists and elbows on the ball.

Movement- Lift your body up by straightening your legs and pushing upper body up off the ball. Elbows should be lined up directly under shoulders.

Side Bend

Start Position- Place feet up against a wall. Place ball near your hips while lying on your side, keeps hips stacked and parallel to the floor. Keep your legs straight and feet spread apart for balance. Place one hand with elbow bent on top of the ball and the other hand up by your head.

Movement- Lift and lean your body over to your side. Return to start position. Repeat.

Bench Routine

Equipment Needed- Bench high enough to allow feet to be suspended off the floor during the exercises. One selected weight/dumbbell.

Start Position- Sit on the bench toward the front to avoid flipping off the back once you lift your feet off the floor. Keep your bellybutton pulled in, contracting core the entire time.

Routine- Complete three sets of each of the four exercises, count 15-20 seconds for each set or 8 repetitions. Each set will become more challenging. 1st set, hold onto the back of your bench. 2nd set, place hands on your hips. 3rd set, hold a weight/dumbbell on your chest.

Exercise #1- Lift feet off floor, knees bent, lean your upper body back as far as you can. Hold this position for 15-20 seconds.

Exercise #2- Lift feet off floor, pull knees in toward your chest. Simultaneously extend your legs straight out and lean your upper body back. Plank your body as straight as you can. Hold for 2 seconds, then return knees to chest. Repeat 8 times.

Exercise #3- Lift feet off the floor, extend your legs out and lean upper body back as far as you can. Hold position for 15-20 seconds.

Exercise #4- Slow & controlled bicycle movement. Lift feet off the floor, knees bent, you're your upper body back as far as you can. Extend your left leg out straight. Hold for 2 seconds. Repeat with other leg. Repeat a total of 8 times.

Floor Exercises

Side Plank

Start Position- Lye on your side with your hips stacked, avoid tilting your body front or back. Place your elbow directly under your shoulder.

Movement- Prop your upper body up with your arm. Place your other hand on your hip. Hold this position for 10 seconds. Immediately lower hips to the floor, with out touching or resting, bring them back up to your plank position. Repeat 8 times. Without resting hold the plank position for another 10 seconds.

Push Ups

Start Position- Place hands approximately shoulder width apart. Plank your body straight as a board. Avoid sagging your back towards the floor and sticking your butt in the air. Maintain a contracted core during the exercise at all times.

Movement- Bring your chest to the floor as close as possible and push back up into plank position. Do as many as you can on your toes. Set a BIG goal (50 – 100). Do as many push ups as you can, take breaks when needed. Don't walk away...continue until you reach your goal.

Foot Drop

Start Position- Lye on your back, lift your legs off the floor with your knees bent at a 90 degree angle and directly over your hips.

Movement- Lower one foot to the floor without resting it on the floor. Continue to keep both knees bent in the 90degree angle. Hold this position for 2 seconds and repeat with other leg. Continue to keep the other knee directly over your hip, avoid letting it move toward your chest allowing your core to relax.

THE CHALLENGE

Do 15 -25 reps of each exercise. Move quickly from one exercise to the next. Do exercises in numerical order.

- | | |
|---------------------------|--|
| (1) In & Outs | Sitting up, leaning back slightly, hands placed on floor near hips. |
| (2) Bicycle | Same as above. |
| (3) Reverse Bicycle | Same as above. |
| (4) Huggers | Sitting up, leaning back, arms open wide as legs extend out. Bring legs in and hug. |
| (5) Hip Rocker | Lying on floor, bottom of feet together. Raise legs of floor point toes toward ceiling |
| (6) Heels to Heaven | Lying on floor, legs straight up to ceiling. Press heels to ceiling. |
| (7) Alternating Toe Reach | Lying on floor, feet spread wide. Sit up reaching one hand toward opposite foot. |
| (8) Scissors | Lying on floor. Extend one leg up to ceiling. Alternate legs, keep feet off floor. |
| (9) Roll-Up / V-Up | Pilates Roll-Up. As you roll back, bring feet up and reach hands toward feet. |
| (10)Leg Climbers | Lying on floor, one leg extended toward ceiling, one foot on floor. Climb leg up. |
| (11)Side Lying V-Up | Lying on side. Raise shoulders and feet off the floor simultaneously. |
| (12)Twist | Sitting up, leaning back. Clasp hands together. Rotate, touch fist to the floor. |