

CORE EXERCISES 2



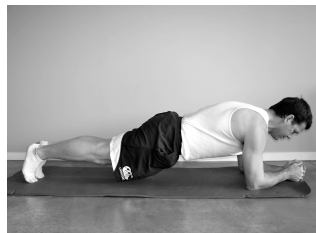
ROLL DOWN

- Sitting on the ground, knees bent
- Engage your core and slowly roll your spine down towards the mat, maintaining a 'c' shape curve. Then roll back up



PLANK

- Lie on your stomach, propped up on your elbows
- Engage your core and lift up onto your knees. Hold this position, take the strain with your core muscles not your shoulders or back



FULL PLANK

- Lie on your stomach, propped up on your elbows
- Engage your core and lift up onto your feet. Hold this position, take the strain with your core muscles not your shoulders or back

Notes: