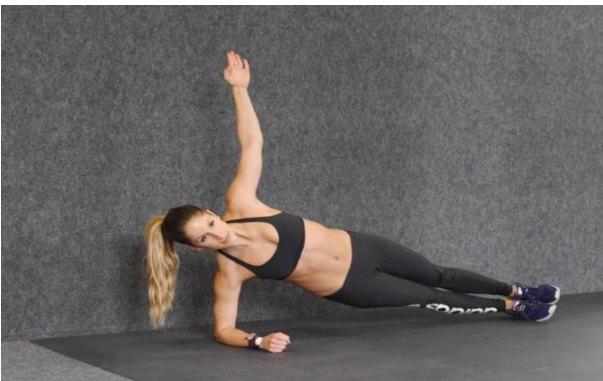




## **Plank**

Try to keep body as straight as possible



## **Side plank**



## **Bridges**

Lower hips to floor and push up again



## **Single bridges**

Keep one leg straight, lower hips to floor and push up again



## **Press ups**

Keep body straight



**Alternative to press  
up = press up on  
knees**



## **Squats**

Keep head up and  
back straight



## **Sit ups**



## **Superman**

Extend opposite arm opposite leg, hold for three seconds then change



## **Mountain climbers**

Bring alternate legs forward, keep back straight



## **Leg raises**

Extend and lower one leg, then raise back to starting position, repeat with other leg