

Core Strength 1

Lie on your back with your hips and knees bent, lifting your hips up into a bridge.



Cat cow: kneeling on all fours, arch your back away from the floor and tuck your chin to your chest, then curve your spine to push your tummy towards the floor and look up. Repeat.



Static Cycling: Lying on your back, bend your hips and knees to right angles and pedal your legs.



Sit on a gym ball and rock forwards, backwards, side-to-side.



Sea Lion: lie on your stomach and prop yourself up on your fore-arms.



Lie on your back with your knees bent and try to lift your head and shoulders up off the floor to touch your knees.



Lie on your front over a gym ball and try to hold yourself still.



Bear walking: On your hands and feet push your bottom in the air and walk around.



Stand with your back to a table and twist to the left to pick up an object from the table. Twist to the right and put down the object. Repeat from both sides.



In high kneeling, don't let your partner push you over.



Wall push ups: Stand at a 45 degree angle to a wall with your hands against it and arms straight then bend your elbows keeping your back straight to do a push up.



Lie on your back and hug your knees to your chest.



Core Strength 2

Maintain crab position for as long as you can.



Crab walking: walk around in crab position



In a plank position, walk your feet round in a circle around your hands.



Sit on a gym ball and have your partner gently push you in different directions. Don't let them push you off.



Kneeling push ups.



Wheelbarrow: Have your partner or a gym ball lift your legs, then use your hands to walk forwards and backwards.



Lie on your back in a table top position and hold a ball on top of your shins.



In half high kneeling, don't let your partner push you over.



Bunny hops over a line: In a high plank position, keep your hands on the floor and jump your feet over a line.



Trunk extension: Lie on your front then lift your legs, head, and arms up and out in front of you.



Walk-out plank: from standing, bend over and walk your hands out into plank position.

Bicycle crunches: Lie on your back and bring your right elbow to your left knee, then your left elbow to your right knee.



Core Strength 3

Single leg bridging: Lie on your back with one knee bent and one extended, then push your hips up. Repeat on each leg.



Dead Bugs: Lie on your back with your arms and legs in the air, knees bent. Alternate lowering opposite arm and opposite leg to just above the floor.



Flutter kicks: Lie on your back, raise your legs and kick them up and down.



Sit on a gym ball, close your eyes and lift one leg up.



Lie on your back with your hips and knees bent and your hands by your head, lift your shoulders off the floor and hold for 3 seconds.



Leg raises: Lie on your back and raise your legs keeping them as straight as you can before lowering them to just above the floor. Repeat.



Hold a plank for 10-20 seconds.



Mountain climbers: In a high plank position, bring your opposite knee to the opposite elbow and repeat.



Bunny hops over a bench: In a high plank position keeping your hands on the floor, jump your feet over a bench.



Crab football: In a crab position, try to kick a football between two goal posts.



Bird-Dog: In 4-point kneeling reach one arm out in front of you and raise your opposite leg.



Prop yourself up on your arm in a side plank. Repeat on the other side.

