



## **CORE STRENGTH FOUNDATIONS**

At Home Exercises to strengthen your core with a focus on posture!

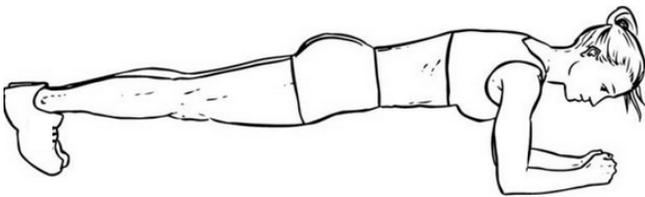
### **Warm Up:**

Before you start your specific exercises, do a little warm up – e.g. move around the house, roll back and forth your shoulders, do a few stretches and jog in place for a few minutes – simply get yourself into “active mode”.

### **EXERCISE 1:**

For our core foundation, we will start with a simple plank.

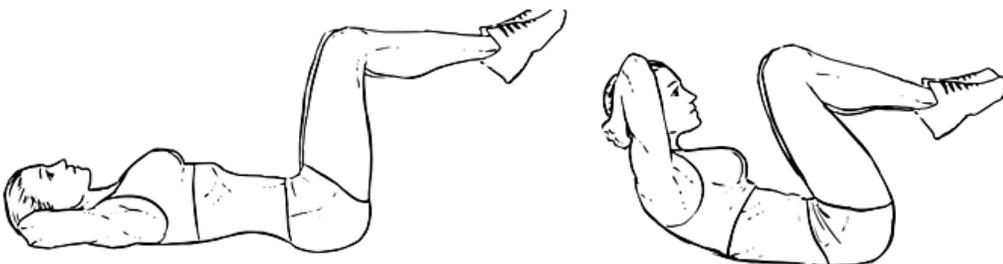
Goal is holding this plank (in good form) for a minute – work your way up there – start with 30 seconds and increase as you go. See below image and pointers to ensure proper execution!



1. Get into a push up position with your feet hip wide apart and your hands shoulder width.
2. Go down on your elbows, rest your weight on elbows and toes and make sure your body stays straight. Even the neck stays long as you look down at the floor straight.
3. Pull your tummy up against your spine to ensure even more core activation. Make sure a straight line is maintained head to toe!
4. Breathe regularly and easily.
5. Start with one set and work your way up to 3.

### **EXERCISE 2:**

Secondly, lets tackle crunches.



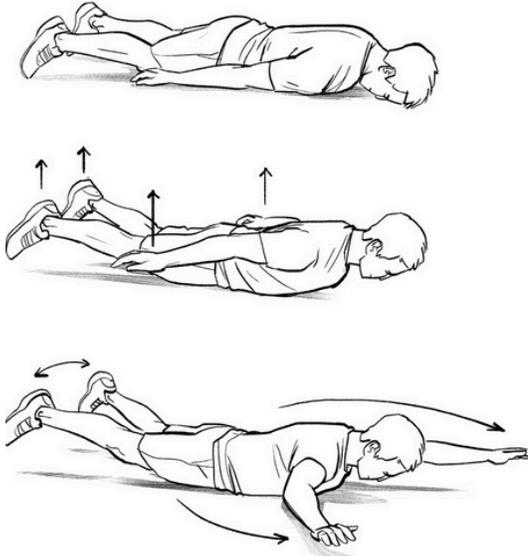
1. You can start with your feet on the floor (bend knees). If you feel up for it, try to hold your legs up in a 90degree angle (as on the image).
2. Pull your navel towards your spine and make sure to push your spine towards the ground.
3. Roll up gently (as you breathe out). Breathe in while going back down. Breathe regularly and easily.
4. Keep your elbows back and don't pull at your neck – your head rests in your hands gently.
5. Start with 10 repetitions and work your way up towards 30. Start with one set, go up to 3 over time.



**EXERCISE 3:**

Your upper back is sooo important as well – particularly those small and overworked muscles between your shoulder blades (hello sitting at your desk and slouching forward all day...). Let's make sure we strengthen them and loosen them up A LOT for a better posture and less aches and pain.

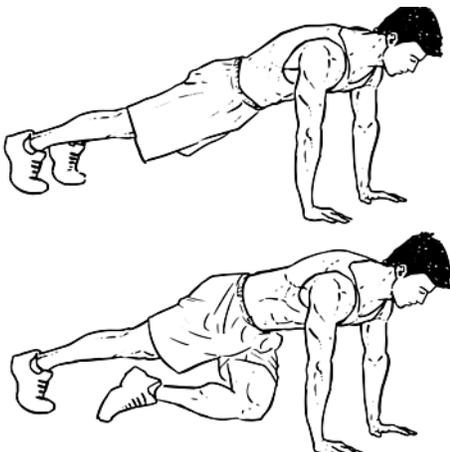
Here is a great way to do that:



- Lay on your belly, eyes to the ground, neck long.
- Pull your navel towards your spine, tighten your glutes and lift your legs as well as your upper body and arms a little bit.
- Make sure to not go too high and to keep your eyes down.
- Focus on the spot between your shoulder blades – pretend you're trying to crack a nut between your shoulder blades!
- Move your arms forwards and return slowly.
- Repeat 10 times, slowly – increase duration over time. Go up to 3 sets as well.

**EXERCISE 4:**

Cross-Body Mountain Climbers are a great way to improve core strength and also work those obliques, once you are ready to step it up a bit.



- Hold a plank pose (up on your hands, not elbows), ensure proper alignment and posture.
- Keep your eyes down.
- Pull one knee towards the opposite elbow – really work your tummy pulling it up and make sure to keep control in your shoulders.
- Alternate and repeat slowly – start with 10 times and work your way up to 20.
- Start with one set and increase up to 3 sets of 20 once you get stronger.