



20 MIN CORE ROUTINE

- Complete 3 cycles through all 7 exercises in 20min!
- Explore what exercise is the most challenging
 - What muscle groups do you feel being used?
 - What feels challenged by each exercise?
 - Rate each exercise on a scale of 0-10
 - This is called Rating of Perceived Exertion (RPE)
 - Ideally training in the 6-10 range of RPE difficulty
 - If none of these are challenging enough then add reps gradually working from 3x10 → 3x15 → 3x25 → 3x30
 - Honor what your body is telling you during each exercise and after the exercises
 - Soreness is ok and to be expected
 - Nothing should create any pain
 - NO PAIN EVER IN THE BACK !



1- Bear Plank to Down Dog

- Slowly raise up to your toes, pressing your heels away from your hands
- Then lift you hips up and back.
- Press your chest towards your thighs and lengthen you knees while reaching your heels to the mat.
- Return to the bear plank position
- Back remains straight without letting your trunk twist.
- 3x10 holding each rep for a full exhale



2- Side Planks Knees Apart

- Begin lying on your side, resting on your forearm with your bottom leg bent at a 90 degree angle and your top leg bent in the same way as your bottom leg.
- Tighten your abdominals and lift your hips up off of the floor. Then raise your heel so it is at the same level as your hip. Hold briefly, then relax and repeat.
- Make sure that your head, hips, and leg are in a straight line and your shoulder is directly over your elbow. Do not let your hips roll backward or forward during the exercise.
- x10reps holding each rep for a full exhale



3- 90/90 – Inverted Plank

- Begin lying on your back with your knees bent and feet resting on the floor. Engage your abdominals and lift your knees up to a 90-degree angle one at a time.
- Place your hands on your knees. At the same time, press your knees up towards your chest as you resist the movement with your hands.
- Make sure to keep your core engaged and do not let your low back arch. There should be little to no movement during the exercise.
- Hold for 30s



4- Plank Knee Taps

- Start in a high plank position.
- Maintaining this position without letting your hips drop, let one knee touch the ground then push back and have the opposite knee touch the ground.
- Make sure to keep your back straight and core engaged. Do not let your hips rotate to either side as you lift your legs.
- 3x10 holding each rep for a full exhale



5- Side Plank Legs Apart

- Begin lying on your side with your feet stacked, resting on your elbow. Lift your hips off the floor into a side plank position.
- Hold this position and lift your upper leg, then lower it back down and repeat.
- Make sure not to let your hips drop toward the floor, or roll forward or backward during the exercise
- 3x10 holding each rep for a full exhale



6– Dead Bug

- Begin by lying on your back with your hips and knees bent, arms at your sides, and feet resting flat on the floor.
- Slowly lift one arm and your opposite leg with your knee bent at 90 degrees, then alternate with your other arm and leg.
- Make sure to keep your abdominals tight and your low back flat against the floor.
- 3x10 holding each rep for a full exhale



7– Plank Shoulder Taps

- Start in a high plank position.
- Hold this position and lift one hand off the ground to tap your opposite shoulder. Return to starting position and repeat with your other hand.
- Make sure to keep your abdominals tight and keep your back straight during the exercise. Do not let your trunk rotate.
- 3x10 holding each rep for a full exhale

