



core workout

These exercises can help improve your posture
focusing on your lower body and back.

BICYCLE CRUNCH

MOVE: ALTERNATE KNEE TO ELBOW

FOCUS: OBLIQUES

HINT: KEEP STRAIGHT LEG LIFTED AND LOWER
BACK ON THE FLOOR





V CRUNCH REACH

MOVE: EXTEND LEGS AND REACH UP TO FEET

FOCUS: OBLIQUES AND ABS

HINT: PRESS OFF ELBOW TO REACH UP TO FEET



LEG LIFT OBLIQUE LIFT

MOVE: HOLD LEG UP WHILE LIFTING AND
LOWERING HIPS

FOCUS: OBLIQUES AND ABS

HINT: KEEP ELBOW UNDER SHOULDER

DIAGONAL WAIST CHOPS



MOVE: LOWER WEIGHT TO SIDE AND SWEEP
ACROSS THE BODY OVER SHOULDERS

FOCUS: OBLIQUES AND SHOULDERS

HINT: USE A MEDICINE BALL OR HAND WEIGHT



CURL UP CRUNCH

MOVE: ROLL DOWN TO FLOOR AND
RETURN TO SEATED FORWARD FOLD

FOCUS: CORE

HINT: BEND KNEES ON ROLL UP AND DOWN.

HANDS MAY SUPPORT THE HEAD IF NECK FEELS
TIGHT

OPEN KNEE CRUNCH



MOVE: KEEP BOTTOM OF FEET TOGETHER WHILE
CRUNCHING UPWARD

FOCUS: ABS

HINT: SUPPORT HEAD AND NECK IF NEEDED



SIDE CROSS OVER

MOVE: REACH WEIGHT TOWARDS THE GROUND

SIDE TO SIDE WHILE LEANING BACK

FOCUS: OBLIQUES

HINT: KEEP HIPS TUCKED UNDER



BALANCE BALL PLANK

MOVE: PLACE ELBOWS ON BALL AND LIFT KNEES
TO PLANK

FOCUS: CORE AND SHOULDERS

HINT: KEEP HIPS TUCKED UNDER AND BALL
FROM ROLLING

KNEE SIDE DROPS



MOVE: BEND KNEES AND DROP TO THE SIDE

FOCUS: ABS AND OBLIQUES

HINT: KEEP HANDS STRETCHED OUT TO THE SIDE

UP DOG STRETCH

MOVE: START FROM FLOOR

AND PRESS UP TO RELEASE THE CORE MUSCLES

FOCUS: ABS AND OBLIQUES

HINT: PRESS HIPS FORWARD WHILE YOU LIFT YOUR
CHEST



Each exercise in this series focuses on
the core muscles.

Perform exercises 8-12 repetitions.

Hold the stretch for 10-30 seconds.

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