

Floor It

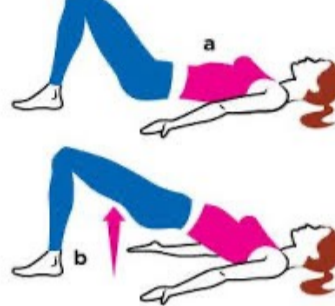
Independent Training
Core and More

7 Exercises:
1-10 reps for 5
to 15+ seconds
Holds, 2-3 x a
week

Video: [Complete Core Program](#)

Bridges

Push through heels



Video: [Bridges](#)

Crunches

Can be done with hands under head



Video: [Crunch](#)

Double Leg Lift

SIDE-LYING LEG LIFTS

WORKS CORE, HIPS, AND GLUTE MEDIUS; IMPROVES HIP STABILITY

Pull Hip to Ribs



Video: [Double Leg Lift](#)

Planks

Pull Elbows to Knees



Video: [Planks \(modified shown\)](#)

Bird Dogs

Keep Hips and Shoulders Level



Video: [Bird Dogs](#)

Can be done with only leg and only arm is a way to modify

Side Bridges

Pull Elbow to Knees



Video: [Side Bridge ie Side Plank](#)