

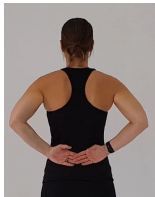
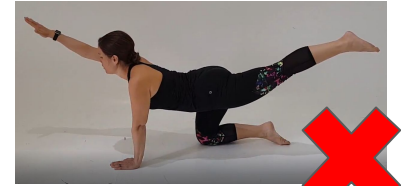
How to do the Core exercises properly

Hold each position for 5 seconds (side plank can be longer), and repeat until fatigued. Stop as soon as your form starts to go, or if you get any pain.



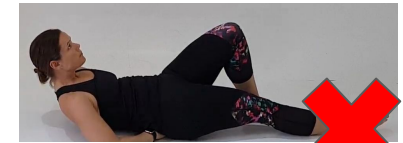
The Cat

- All fours, hands beneath shoulders, tense abs
- Start with one arm, then opposite leg as well
- Keep spine straight, don't lift leg too high



Curlups

- Lie on back, on floor, hands under low back as shown
- Use your abs to curl your chest into your abdomen
- Don't lift up too high or poke your chin up

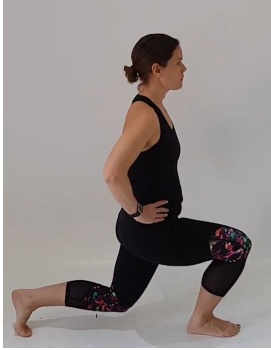
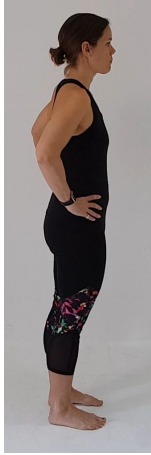


Side plank

- Lie on side, elbow directly beneath your shoulder
- Push hips forwards to straighten up
- Start on your knees, advance onto your feet later

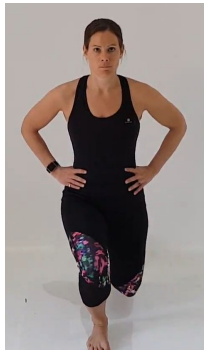


Lunges improve hip mobility and balance



Lunges

- Stand with hands on hips, tense abs lightly, look straight ahead
- Step back into a lunge position (back is easier than forwards on your knees)
- Come back to standing straight, and repeat on the other side



Top tips

- Keep your body upright, don't lean sideways, back or forwards
- Do 10-20 each side
- Or you can do a few on one side, and then the other side

