

This handout is to be used as a guide only. Please consult your Remedial Therapist or health provider before beginning any new stretches or exercises.

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Intermediate Core Exercises

ABDOMINAL CRUNCH

Lie on the floor with your knees bent and hands by your ears. Switch on your abdominals and crunch up, moving your shoulders off the floor. Keep your eyes on the ceiling in front of you to avoid neck strains. For extra challenge, hold the crunches at the top for 2 secs or extend your arms straight back overhead. Do 15 - 20 good ones.



BICYCLE CRUNCH



Place yourself in a normal ab crunch position with your hands by your ears. As you crunch up, twist towards one knee and straighten the other, then alternate to the other side. Keep shoulders off the floor and for an extra challenge, hold the crunch for 2 secs at the top. Do 15 - 20 good ones each side.

SINGLE LEG PLANK



Lie on your stomach with your legs straight and resting on your forearms in a normal plank position. Switch on your abdominals and lift your hips off the floor to a long straight line. Hover one leg up and hold for 3 secs then swap to the other leg and hold. Continue to alternate legs while breathing and hold for 1 minute. Increase to longer times as you progress.

REVERSE CRUNCH

Lie on the floor with your arms by your sides and knees bent. Switch on your abdominals and draw your knees up, causing your buttocks to come off the floor. Try not to roll back onto your shoulders, then return your feet to the floor by gently tapping your heels to the floor and repeat the reverse crunch. For an extra challenge, hold the crunch for 2 secs at the top. Do 15 - 20 good ones.



STRAIGHT LEG CRUNCH

Lie on the floor with your legs extended up and arms straight forward. Switch on your abdominals by drawing your navel towards your spine and crunch up, moving your shoulders off the floor and hands towards your feet. Keep your eyes on the ceiling in front of you to avoid neck strains. For extra challenge, have your hands by your ears and hold the crunches at the top for 2 secs. Do 15 - 20 good ones.



SUPERMAN



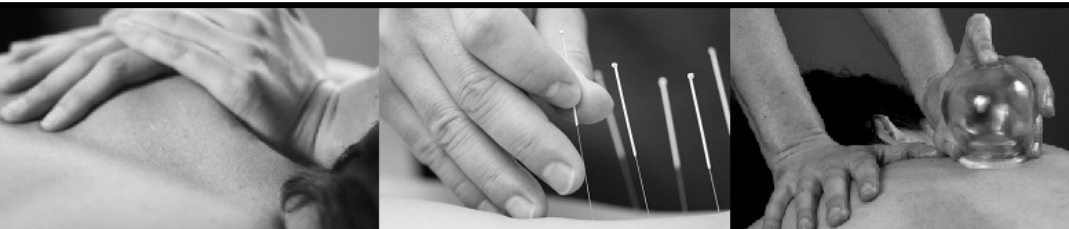
Lie on your stomach with your arms and legs extended straight out. Switch on your abdominals and lift one arm and the opposite leg up, trying not to arch your back. Alternate arms and legs and continue to breathe. To increase the exercise, hold the pose for 2 secs before alternating limbs. Do 15 - 20 each side.

SIDE PLANK

Lie on your side with your legs extended straight and rest on your forearm with your hand in front of you. Switch on your abdominals and lift your hips off the floor to a long straight line. Continue breathing and hold for 1 min. Then swap sides. Increase the time as you progress.



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