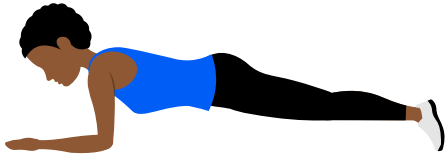


## Plank



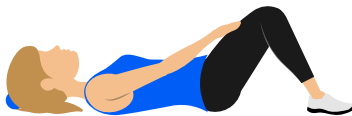
**ANCHOR:** None, body weight

**START:** On your stomach, propped up on your elbows.

**MOVEMENT:** Rise up on your toes and elbows so your body is off the ground and in a straight line.

**TIP:** Do not let the low back sway.

## Knee Slides



**ANCHOR:** None, body weight

**START:** Lie on back, knees bent, feet flat on floor and hands on the front part of the legs.

**MOVEMENT:** Keeping the hands in contact with the leg, use your abs to curl up as your hands slide up your legs to the knees.

**TIP:** Keep your neck and head in line with your spine.

## Reach Up Pike



**ANCHOR:** None, body weight

**START:** Lie on your back with arms and legs straight up in the air.

**MOVEMENT:** Using your abs, reach the legs and arms up to the ceiling.

**TIP:** Try not to use momentum.

## Flutter Kicks

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**ANCHOR:** None, body weight

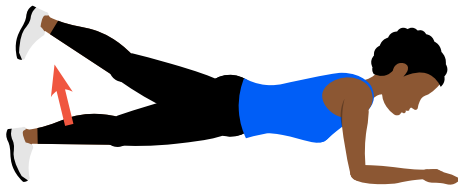
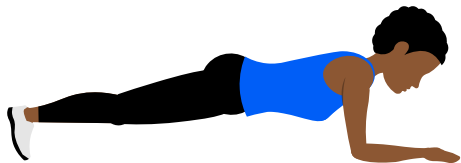
**START:** Lie on your back, hands at your side or under low back, one leg straight on the ground, one in the air.

**MOVEMENT:** Using the abs, alternate the legs in a slow controlled movement.

**TIP:** If low back is compromised, decrease the range of motion.

## Plank with Leg Lift

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**ANCHOR:** None, body weight

**START:** On your elbows and toes, body straight, abs tight.

**MOVEMENT:** Lift one leg straight up and hold for 3-5 seconds.

**TIP:** Keep abs tight so you don't sway the low back