



15-Minute Core Workout

1. **Pilates 100** - Lying on your back with your knees bent; reach your hands alongside your legs towards your feet. Activate your abdominal muscles and pull your navel towards your spine. Lift your head and upper back off of the mat (keep your neck relaxed and shoulders away from the ears). Begin pumping your arms as you inhale for a count of 5 continue pumping and exhale for a count of 5 (trying to work your triceps). Repeat up to 10x.

2. **Crunch** - Lying on your back with your knees bent; reach your hands alongside your legs towards your feet. Activate your abdominal muscles and pull your navel towards your spine. Do the following two variations as you crunch up.

A. **Slow** - As you lift off the floor exhale up for a count of three 3, inhale for a count of 1 to come back to the floor.

B. **Faster** - As you lift off the floor exhale up for a count of 1, inhale back down for a count of 1.

3. **Ankle reach** - Lying on your back with your knees bent; reach your hands alongside your legs towards your feet. Activate your abdominal muscles and pull your navel towards your spine. Lift your head and upper back off of the mat (keep your neck relaxed and shoulders away from the ears). Reach your right hand towards your right ankle, squeezing the right oblique. Think about trying to bring your ribs towards your hip. Repeat on the other side.

4. **Bicycle crunches** - Lying on your back with your knees bent feet off of the floor; bring your hands behind your head (do not interlace the fingers). Activate your abdominal muscles and pull your navel towards your spine. Complete the following two variations as you alternate bringing the opposite elbow towards the opposite knee.

A. **Slow** - Inhale in the center, exhale to bring the right elbow towards the left knee, inhale back to the center, exhale to bring the left elbow towards the right knee. Repeat.

B. **Faster** - Inhale to bring the right elbow towards the left knee, exhale to bring the left elbow towards the right knee. Repeat.

5. **Lower abdominal crunches** - Lying on your back with your knees bent; rest your arms along side your body for more support. Activate your abdominal muscles and pull

your navel towards your spine. On an exhale keeping the belly scooped bring the knees towards the chest, inhale to bring the feet back to the floor or just above the floor. Repeat. For increased intensity add a crunch with the upper body at the same time that you pull the legs in.

6. **Whole body stretch** - Reach your arms above your head in one direction while you reach the legs the opposite direction. Allow your back to arch off the floor and stretch the abdominal muscles.

7. **Plank** - Come into plank or push-up position. You can do this either with the knees on the floor or up on the toes. You can also be on the hands or resting on the forearms. Pick the variation that is challenging for you. Make sure you are not lifting your hips into the air and that you are not drooping in your low back. Try to be straight like board (plank). Activate your abdominal muscles and pull your navel towards your spine. Hold for up to 1 minute.

8. **Side plank** - Come into a side plank position. You can either have the lower leg down with the knee on the floor, you can stagger the feet or you can stack the feet for more intensity. Activate your abdominal muscles and pull your navel towards your spine. Keep your top hip lifted and the bottom hip arching away from the floor. Hold each side for up to 1 minute.

9. **Cat/ Cow** - Come into an all-fours position on your hands and knees. As you inhale let your center sink toward the floor as you lift your hips and chest towards the ceiling (think of a cow with a droopy back). As you exhale pull your navel towards your spine and roll your spine toward the ceiling (think of a cat). Repeat moving with your breath.

10. **All fours arm and leg lift** - Come into an all-fours position on your hands and knees. Inhale and reach forward with your right arm as you reach back with your left leg lifting them to about the height of your back, exhale and bring it back to the floor. Inhale and repeat with the left arm and right leg exhale to bring it back to the floor. Continue alternating. Think about activating the muscles along your spine as you lift you arm and leg.

11. **Superman** - Lying on your stomach with your arms reaching forward (like you are superman flying), inhale and lift the right arm and left leg as high as you can, exhale to release back to the floor. Inhale and lift the left arm and right leg as high as you can, exhale to release back to the floor. Continue alternating.

12. **Child's pose** - From the above position push your self back so that your knees are bent and you are sitting back towards your heels with your hips. You can reach your arms in front, stack your hands under your head or reach your arms along your legs towards your feet. Relax and breathe.

Continue each exercise for up to 1 min.