

Week 4 – Core

This week you will focus on developing improved core stability and strength.

You will complete this sequence of exercises 3 times during week 4

Any 3 days and ideally with a break in between each day of doing these exercises.

Warm Up

Lying on the floor, knees up and side to side; one leg crossed over body

- Plank – hold for 30 secs building up to 2mins
- Russian twists – with or without a ball
- V sit hold – hold for 30secs and build up to a min
- Side plank leg lift
- Flutter kicks
- In and outs

Complete 10 repetitions of each exercise
2 to 3 sets

Cool Down

Foam roller from ankles to shoulders – 5 to 10mins

