3 Exercises for a Stronger Core

Strengthening your core muscles helps stabilize your body and support your spine.

1. BICYCLES
   - Lie on the floor with your legs straight and hands behind your head
   - Raising your left leg, touch your right elbow to your left knee, then switch legs
   - Don’t let your feet hit the ground
   - Alternate for 10-20 reps

2. SCISSOR ABS
   - Lie flat on your back
   - Extend your arms so they’re against the sides of your body with your palms on the floor
   - Lift both legs, then slowly lower your right leg, then switch making a scissor motion with your legs
   - Repeat for 20-30 reps per leg

3. PLANK AND CRUNCH
   - Lie on an exercise ball with your shins down and palms under your shoulders
   - Roll the ball up, lifting your hips and keeping your head down
   - Hold for one count and then roll all the way back
   - Do this for 10-12 reps

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