

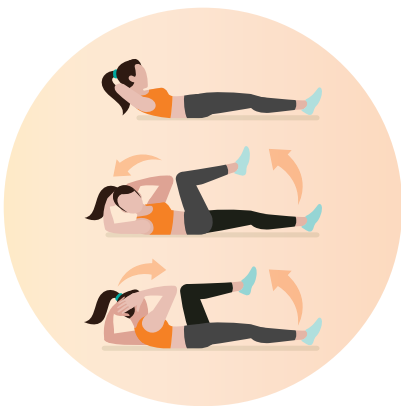


3 Exercises for a Stronger Core

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

