

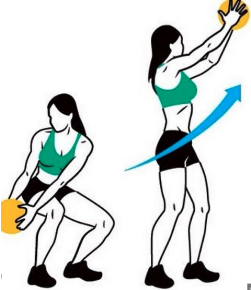

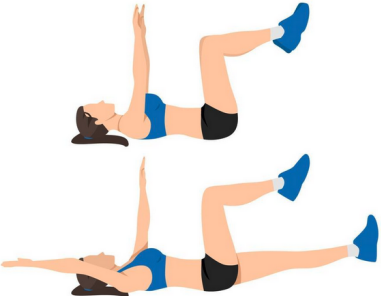
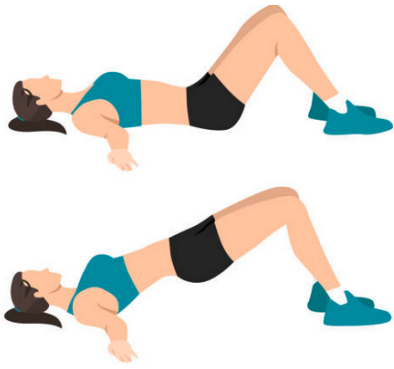


LVHN FITNESS TALK: Core Exercises

<p>Plank</p> <p>Contact points: forearms/palms and feet Action: Raise torso, knees, keep body straight Target: abdominals, activated gluteal muscles</p>	
	<p>Elbow-to-Knees / Bicycle Crunches</p> <p>Contact points: back Action: interlock fingers gently behind head and bend knees, having shins parallel to the ground, touch opposite elbow to opposite knee Target: obliques</p>
<p>Standing or Kneeling Chops</p> <p>Contact points: feet or knees - tandem stance Action: interlock fingers, begin at open hip, chop up to opposite shoulder Target: obliques</p>	
	<p>Bird Dog</p> <p>Contact points: palms and knees (table top position) Action: brace core, extend opposite arm and leg while keeping back straight Target: abdominals, back extensors, gluteal muscles</p>
<p>Dead Bug</p> <p>Contact points: back Action: extend arms up in front of body and bend knees, having shins parallel to the ground, extend opposite arm and leg while keeping back and core engaged Target: transverse abdominis, obliques</p>	



Glute Bridges

Contact points: upper back, shoulders, head, soles of feet

Action: raise torso off ground, squeezing buttocks. Lift and hold, or pulse. Add leg raise when ready for more of a challenge.

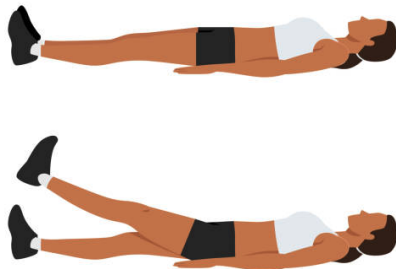
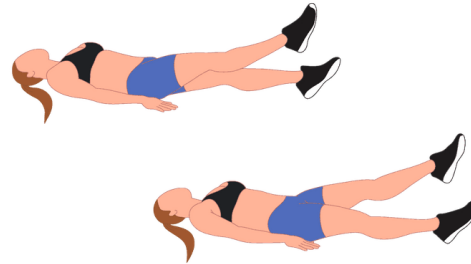
Target: abdominals, glutes, back extensors

Seated Flutter Kicks

Contact points: seated upright with proper posture, neutral neck, strong abdominals

Action: legs extended straight out, alternate up and down

Target: abdominals, hip flexors, quads



Supine Single Leg Raise

Contact points: back, head, arms, palms of hands, one sole of foot

Action: force lower back to ground, bracing core. Keeping foot flexed, slowly lift up, slowly lower to hover

Target: abdominals, activated gluteal muscles