

# Get More Core 1

Perform each exercise for 10-20 repetitions



## Basic Crunches

- Start on your back with your knees bent.
- Bring your belly button to your spine to engage the core.
- Arms at your sides, slowly raise your shoulders off the mat, keeping your chin tucked to avoid injury.



## Reverse Crunches

- Raise your knees and hips to 90-degrees, bringing the knees towards your nose.



## Heel Taps

- On your stomach, spread your legs to the width of your mat.
- Slowly click your heels together, engaging the buttox and hamstring.



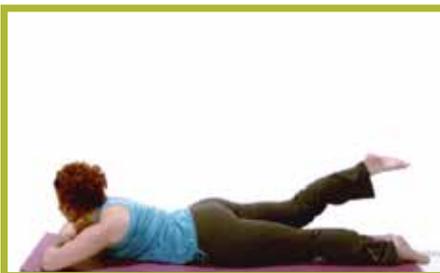
## Frog Pulse

- Bend at the knees and rotate them open like a frog.
- Push your heels to the ceiling.



## Double Leg Lift

- Return to a straight position and glue legs together.
- Drive the heels to the ceiling, maintaining straight knee alignment.



## Single Leg Lift

- Slowly raise one leg at a time.

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