

# Get More Core 3



## Kneeling Plank

- Assume a kneeling position.
- Walk your hands out and drop your hips towards the floor.
- Engage the core by bringing your belly button to your spine.
- Maintain this position for 20 to 30 seconds.



## Side Plank

- Transition to your side.
- Lower your elbow to the floor.
- Engage the core, driving your hips to the ceiling.
- Maintain this position for 20 to 30 seconds.



## Plank Push Ups

- Assume a kneeling position.
- Slowly lower to your elbows, returning to your hands.
- Repeat for 10-20 repetitions.



## Leg Circles

- Assume a right side laying position.
- Gently raise the top leg, making circles in a clockwise and counterclockwise position.
- Move to a left side laying position and repeat leg circles.
- Perform for 10-20 repetitions on each side.



## Butt Kicks

- Gently raise your left leg to the ceiling.
- Drive your heel to your butt, and then return to a starting position.
- Switch to a left side laying position and repeat leg kicks.
- Perform for 10-20 repetitions on each side.