



Russian Twist

- Start in a seated position.
- Clasp the hands, driving each elbow towards the mat.



Bow and Arrow

- With your hands out straight, rotate back, driving your elbow to the mat.
- Return to start position.



Bridging

- Lay down flat on your mat with your knees bent.
- Engage the core by driving your hips and buttocks to the ceiling.



Kneeling Leg Lift

- Start on your hands and knees.
- With a bent leg, push your heel towards the ceiling.



Bird Dog

- Maintain kneeling position.
- Engage the core, extending your opposite arm and leg outwards.