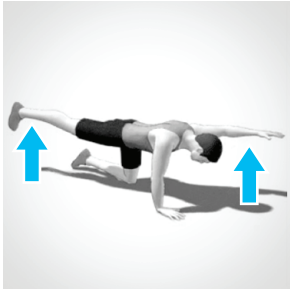


# STABILIZATION - PLANK (CORE)



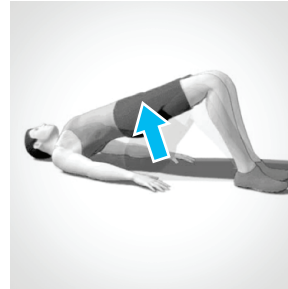
## ALL FOURS



- Adopt all-fours position.
- Keep pelvis stationary.
- Lift one arm or one leg, or opposite arm and leg.
- Hold and breathe.

\_\_\_\_\_ x10s

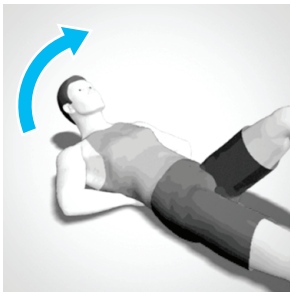
## BRIDGE



- Lie on your back with knees at a 90° angle.
- Lift hips while keeping the back straight.
- Lift one leg for a greater degree of difficulty.
- Hold and breathe.

\_\_\_\_\_ x10s

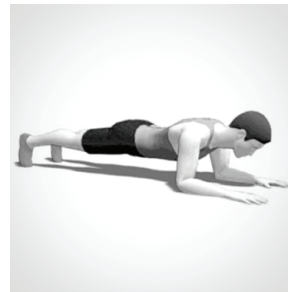
## SIT-UPS



- Lie on your back with one leg straight, the other bent.
- Place your hands in the small of your back.
- Do not push on your hands.
- Lift your shoulder blades.
- Hold and breathe.

\_\_\_\_\_ x10s

## PLANK



- Rest on elbows, and knees or toes.
- Keep torso stationary.
- Maintain natural curve of the spine.
- Hold and breathe.

\_\_\_\_\_ x10s

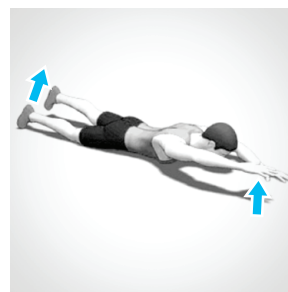
## SIDE PLANK



- Rest on elbow, and knees or feet.
- Keep torso stationary.
- Maintain a natural line.
- Hold and breathe.

\_\_\_\_\_ x10s

## SUPERMAN



- Lie facedown.
- Keep pelvis stationary.
- Lift one arm or one leg, or opposite arm and leg.
- Hold and breathe.

\_\_\_\_\_ x10s

\_\_\_\_\_ x/day

To upgrade the difficulty level, it is better to increase the number of repetitions instead of the length of each pose and use objects like swiss ball to increase external instability.