

Standard Core Routine

- **Modified Bicycle:** lie on your back and hold one leg up in the air. Your thigh should be perpendicular to your body and your shin parallel to the ground. Hold your other leg 2-3 inches off the ground. Hold for several seconds and switch legs. Make sure your lower back is in a neutral position during the entire exercise. You can put one hand in the small of your back to gauge this: make sure your back neither presses down or lifts up from your hand.
- **Plank:** lie on your stomach and prop your weight on your forearms and toes. Keep a straight line from your head to your feet and hold this position for the entire exercise.
- **Marching Bridge:** lie on your back with your feet flat on the ground. Lift your hips so there is a straight line from your shoulders to your knees. Extend one leg straight out, hold for several seconds, then put it back down on the ground and repeat. Make sure your hips don't dip or your butt sags to the ground.
- **Side Plank:** on your side, lift your body so your weight is on one forearm and the side of one foot. There should be a straight diagonal line from your head to your feet. You can do 10 lateral leg raises during this exercise as an advanced form of the exercise.
- **Modified Bird Dog:** in a table position, lift your left arm so it's parallel to the ground. At the same time, lift your right leg so your thigh is parallel to the ground and your shin is perpendicular. Your knee should be bent at 90 degrees and your glute muscle activated. Hold for several seconds and switch sides.
- **Supine Leg Lift:** lie on your back with your weight on your elbows and heels, lift your hips and keep a straight line from your toes to your shoulders. Lift one leg about 8 inches off the ground, hold for several seconds, and repeat with the opposite leg

Start with two sets of 45 seconds per exercise, with 1-2 minutes of recovery in between sets.

Don't rest in between each exercise – transition to the next one immediately.