bodybykatiam

Power Core



1. 90-90 Crunch
Interlock your fingers behind your head. Your legs 90 degree off the floor and you lift your shoulders pulling from your abs.
The knees stay bend and they do not move
Make sure you keep the 90 degree with your legs and do not put too much pressure in on your neck.
(x 20 times)

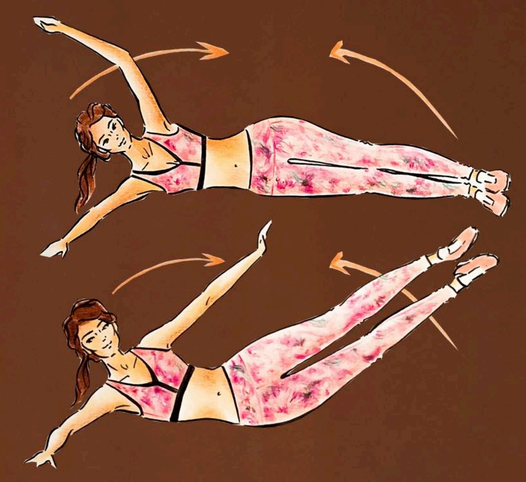
2. Double Tap twist crunch
Cross one foot over the opposite knee. Keep your chest open and elbows wide. As you crunch up you want to touch the opposite elbow to the knee.
Twist as you crunch up ,tap the same knee with each elbow meaning;Tap left elbow, tap right elbow and then back on the floor. Do this 15 times with one knee, then, repeat the same with the other knee.
(x 15 times each sides)

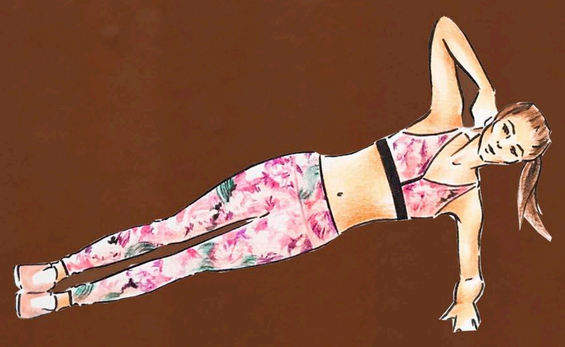




3. Plank Single leg lift
Get in a plank position, Perfect straight line from your shoulders to your toes. Hold this position about 10 sec. Raise one leg off the ground, make sure you do not move your hips. Hold 3-5 sec, place it back down and repeat with the other leg.
(x 20 times each leg)

4. Side Crunch with leg lift
Lay on one side, put your hand out in front of you with palms on the ground. Your feet are stacked. Raise the other arm on top of your head. Now by pulling from your abs at the same time you pull your leg up, you will also bring your shoulder up trying to make your arm reach out for the leg. Slowly, bring both legs and shoulders down. You just completed 1 rep.
(x 20 reps)





5. Side Plank
Elbows completely under your shoulder for a correct alignment. Arms flat, feet stacked, lift your hip up with the other arm up to the sky. Keep your hip high the whole time.
Keep this postion for 1 min then switch to the other side for another minute.

6. Leg Raise
On your back, hands on your side, and legs coming up in the air. Keep the back firmly press on the floor. The legs tight a few inches off the floor. Control the legs the way up and slowly lower them down keeping a few inches off the floor.
(x 20 times)

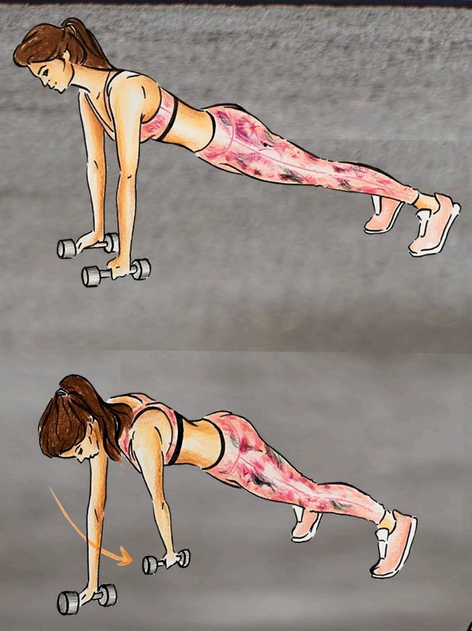




7. Reverse Crunch
Place your hands along the sides. Bend your knees to a perpendicular. Now roll your pelvis backwards to raise your hips off the floor using your lower abs until your knees are over your chest. Slowly return to the starting position. It is a lift up movement, not roll up. Bring the knees to your chest by pulling from your abs.
(x20 reps)



8. Dumbbell Plank Crossover
Get in a high plank position. Perfect straight line from your shoulders to your toes. Engage your core. Hold a dumbbell in each hand and one at a time, bring the dumbell in the left hand to your right knee slowly and take it back to its starting position. Do the same with the other dumbbell in the right hand and take it to the left knee.
Hold for a few seconds and bring it back. You just completed 1 rep.
Remember to keep your back straight, do not bring your hips high and do not let them move too much.
(x 20 times)



9. Plank Hip Dips
Start in an elbow plank position. Drop your hips to the right until they almost touch the floor, return to middle and repeat the same on the left side with your hips. Continue altering sides, make sure your abs are pulled in and contracted
(x 15 times each side)



Do 3 rounds of the Power Core workout program.
After each round, go directly into a minute of "Mountain Climbers" and rest for 1 minute before starting the next round.
Equipment needed: An exercise mat, a pair of dumbbells.

10. Bicycle Crunch
Back on the ground, One knee comes up, the other one extended Hand behind your head. Shoulder blades above the ground. Cross the left elbow over the right knee and you do a cycling motion with the legs.
Kick that foot up high, bring it down as you tuck it back in.
Keep the arms open and wide.The lower the legs, the more challenging.
Lift the shoulders, the higher you lift, the deeper the contractions. When you have crossed both elbows to knees, you just completed 1 rep.
(x 15 reps)

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Outfit from Fit Roka