

Core on the Floor

Building core strength - while hangin out on the floor.

Workout Summary:

NOTE: Be sure to start with a warm-up, and end with a cool-down stretch.

Circuit these 6 moves, 3 times through.

Timing = 40 seconds of work to 20 seconds of rest.

1. Double Leg Extension
2. Heel Reaches
3. Plank Jack Taps
4. Flutter Kicks
5. Crunch & Punch
6. Side Plank Openers

Supporting Videos:

Follow along with the full workout video here:

<https://vimeo.com/498733050/a75fadbd13>

Watch the summary video for this workout:

<https://vimeo.com/498739062/5323de2a60>

Watch the HOW TO videos for each move:

<https://youtube.com/playlist?list=PLFyhsmboBsKaipxali5YIEa2CRST8AjRX>

More details on HOW-TO's for each of the moves ...

Double Leg Extension

Watch the How-To video for this move: <https://youtu.be/pDwEF3qHXgc>

- Start sitting with your elbows on the floor, fingers pointing towards your feet ... feeling your core braced and pressing into your spine.
- Tuck your chin to your chest, punch your tummy in, and pull your knees towards your chest.
- With control, extend your legs as straight and low as you can out front. Keep your tummy punching IN! Pull your knees back into your chest.
- Modification - 1 foot with knees bent. .. or just go for a smaller range of motion.



Heel Reaches

Watch the How-To video for this move: <https://youtu.be/2JJIjP-IWBM>

- Waddle like a penguin, lol!
- Start lying on the ground with your heels pulled in as close as you can to your booty. Arms stretched out front with your palms up.
- Press your belly into your back to activate the core and lift your head & shoulder blades off the floor.
- By crunching your obliques, reach your pinky finger to your pinky toe (or as far as you can reach). Then repeat to the other side.
- Try to stay UP in the crunch position with your core tight the whole time!



Plank Jack Taps

Watch the 'How-To' video for this move: <https://youtu.be/pb6-0eU9Enw>

- Start in a Plank position – can be either high or low plank.
- Keeping your eye gaze down, your core braced, and your hips tucked under – tap 1 foot out to the side – then back to center. Repeat with the other foot to the other side.
- The challenge is to keep your upper body super strong and not wobble!
- Modification – drop to your knees and press back up again when you need.



Flutter Kicks

Watch the 'How-To' video for this move: <https://youtu.be/AG8DJoEsigc>

- Start by lying on your back, making a triangle with your hands and putting them under your booty. Tighten up your core by pressing your belly button into your spine.
- Tuck your chin to your chest and lift your shoulder blades off the floor. Keep pressing your spine into the ground and do not allow your back to arch! (you want your CORE to fire up!)
- Lift your feet about a foot off the ground and flutter them :)
- Modification is to bend your knees and shorten your range of motion.



Crunch & Punch

Watch the 'How-To' video for this move: https://youtu.be/z_x_3HCOv5Y

- Start lying on your back with your legs bent in a crunch position.
- Put your 'guard up' in fight mode - make a fist and place your hands by your chin.
- Tighten your, tuck your chin to your chest, and take a giant exhale as you crunch & lift your shoulder blades up. At the top of the crunch, throw a PUNCH to the opposite side, rotating through your core.
- ROLL with control back down - 1 vertebrae at a time touching down. Do not just let gravity take over and fall down. Control. Use your muscles to build your muscles.
- Repeat and crunch up again, punching the opposite arm to the other side ... and rolling back down.



Side Plank Openers

Watch the 'How-To' video for this move: <https://youtu.be/XTiw6Wtbf-4>

- Start in a low plank position, with your elbows arms crossed horizontally on the mat. Core braced, hips tucked under, eye gaze down, shoulders right over elbows.
- Rotate your body to open to 1 side - feeling a string pulling your hip up higher in your side plank - with your top arm extended towards the ceiling -making a line straight down your body to the floor.
- Control back down to center plank, then rotate to the other side. Keep the control as you transition side, center, side, center.



