

Core Body Weight Exercises

Basic Crunch

Lie flat on the ground with your knees bent in traditional sit up position. Your arms can be across your chest or hands at your ears. Keep your eyes looking at the ceiling as to not put stress on your neck. Slowly lift your shoulder blades off the floor, "crunch" your abdominal muscles, hold and lower. Complete each movement as a separate step.

Twisting Crunch

Lie flat on the ground with your knees bent in traditional sit-up position. Your arms can be across your chest or hands at your ears. Keep your eyes looking at the ceiling as to not put stress on your neck. Slowly lift your shoulder blades off the floor, "crunch", and twist to the right, hold, back to center, and lower. Repeat the same movement, this time twisting to the left side. Complete each movement as a separate step.

Pike

Place your body in the in the up-phase of the push-up position with your hips slightly higher than normal. Keep your elbows about 6 inches apart, directly under your shoulders with your elbows, forearms and hands on the ground, palms together. Keep your shoulder blades flat and back straight. You should be on your toes, with your legs straight. Hold this position for 15 seconds, move your elbows forward 2 inches and hold for 15 seconds, more elbows forward another 2 inches, and hold again for 15 seconds. Rest for 30 seconds and repeat.

Superman's

Lie face down with your arms and legs extended. Your head should be in line with your spine. Lift your left arm, hand out as in a handshake, and your right leg, initiating the movement with your glutes and hold for 10 seconds. Release and repeat with your right arm and left leg. Alternate each side for a series for each set.

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