

5 Core Exercises Better Than Sit Ups

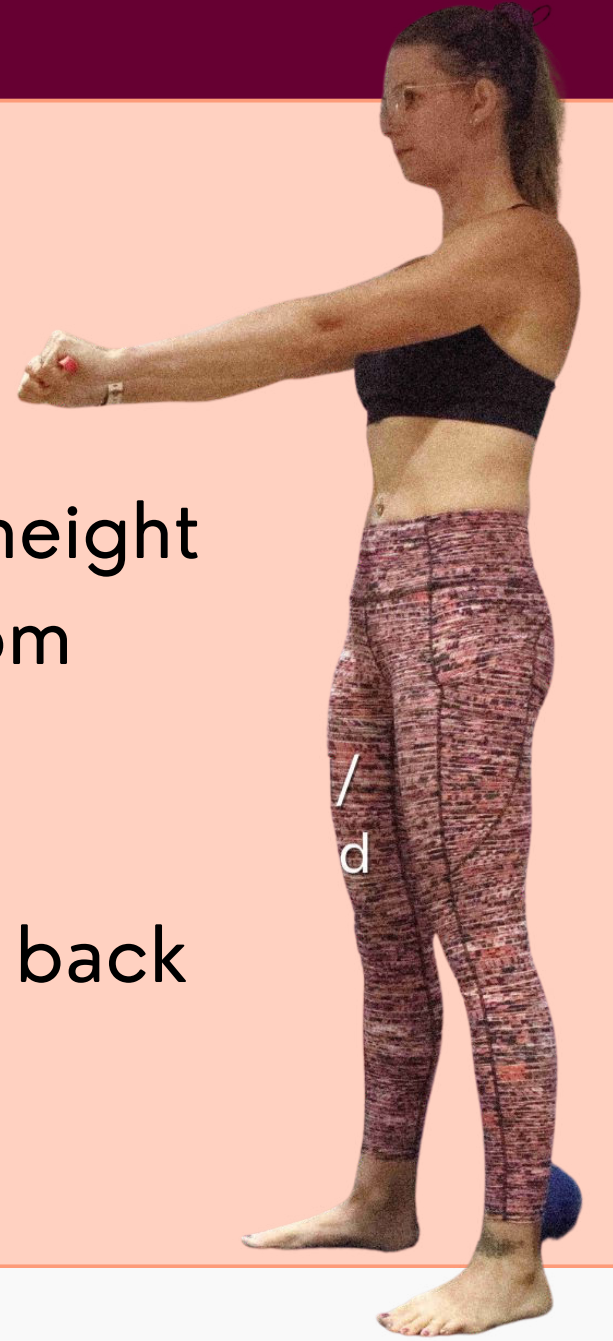
Hollow Hold

1. Lay on your back.
2. Tuck ribs to hips & low back into the floor.
3. Raise the upper back and legs.
4. Squeeze.



Parlof Press

1. Hold band at chest height
2. Press band away from chest
3. Keep chest proud
4. Pause & bring band back



Plank Walks

1. Plank position
2. Feet wider than normal
3. Walk hands out front
4. No twisting



Deadbug

1. LAY ON YOUR BACK
2. ARMS AND KNEES UP
3. TUCK HIPS TO RIBS
4. LOW BACK ON FLOOR
5. SLOWLY EXTEND ARM AND LEG



Cable Rotation

1. CABLE AT CHEST HEIGHT
2. SOFT KNEES
3. TWIST AWAY FROM ANCHOR
4. KEEPING BODY STABLE
5. RETURN TO START

