

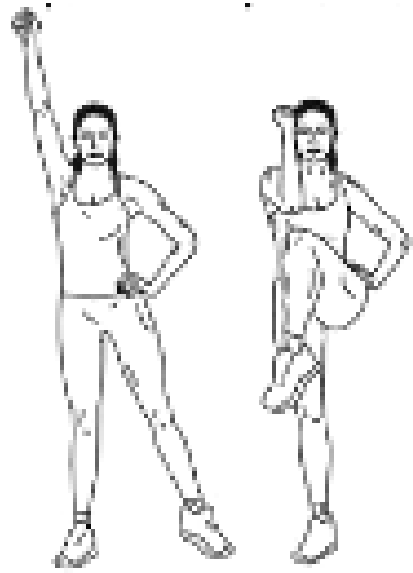
Healthy @ Home - Standing Core



Marching Legs

20 seconds

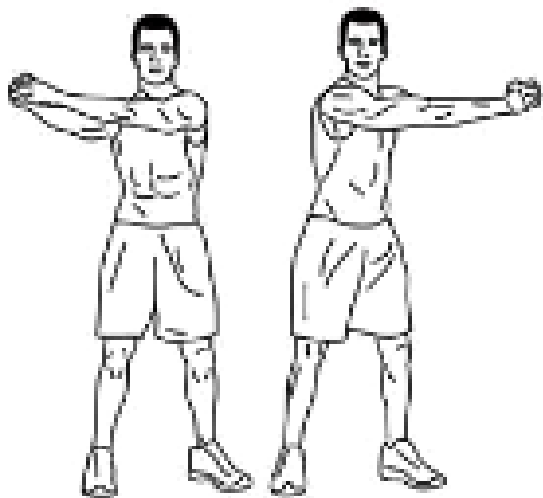
Great for loosening up your lower body joints. Concentrate on using your core to help bring your knees towards your stomach.



Standing Cross Crunch

10 each side

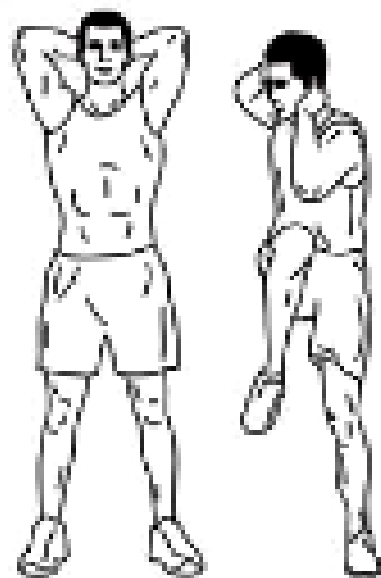
Stand tall with 1 arm overhead and both feet on the ground. Bring the arm down and try to touch the elbow to your opposite knee. Complete 10 on 1 side then do the same for the opposite.



Torso Twists

20 seconds

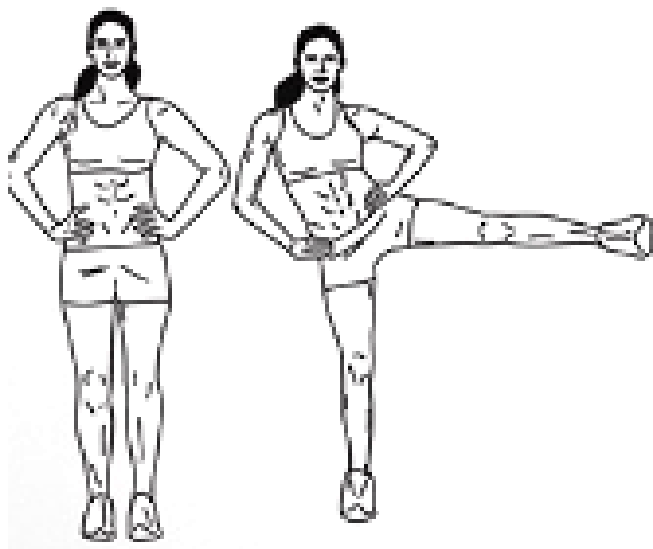
Stand tall with both arms in front. Slowly twist as far to 1 side as you are comfortable with. Then rotate to the other and repeat.



Alternating Cross Crunches

10 each side

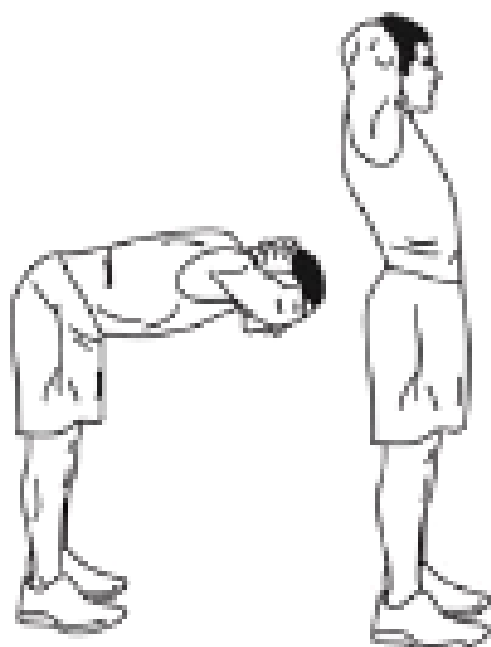
Place hand lightly behind your head, do NOT interlock your fingers. Bring your elbow down and across to your opposite knee. Alternate back and forth between sides



Side Leg Lifts

10 each side

Stand tall and lift your leg as high to the side as possible. Make sure keep your torso straight up and down. Alternate back and forth to help work the obliques on the side of the core.



Forward Bends

10 reps

Place hands lightly behind the head, do NOT interlock fingers. Slowly lean forward while making sure not to round your shoulders then stand back tall and repeat to work the lower back muscles