

Core Programme - 10mins

Always include a warm up and cool down and then perform your stretches.



1. Crunches
 - 15-20
 - Mat/Ball



2. Oblique Crunches
 - 10-15 each side
 - Mat/ball



3. Russian Twists
 - 10-12 each side
 - Mat/ball



4. Plank
 - Hold for 30 secs (x3)
 - mat/ball



5. Side Plank
 - Hold for 30 secs (x3)
 - Mat/ball



6. Jacknives
 - 10-12 ball under ankles



7. Superman
 - 15-20
 - Ball/mat



8. Back Raises
 - 15-20
 - Ball/mat



9. Reverse Leg Raises
 - 15-20
 - Ball/Mat