

LOW IMPACT

A strong core contributes to maintaining balance, avoiding injury, and proper form when exercising. Lower impact core exercises can be a good option for those with joint pain, health issues, or beginners to exercise.

Try these low impact variations:



Kneeling Plank | From kneeling, walk hands forward until body is extended in a straight line, keep core engaged and hands below shoulders.



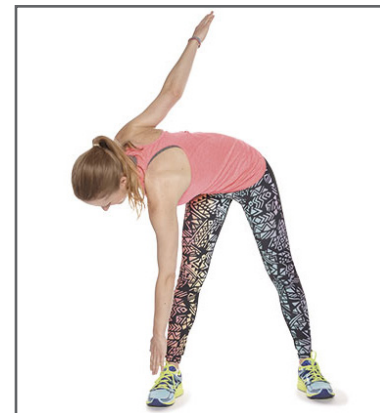
Bench Supported Crunch | Begin with feet supported on bench and lower back flat on the floor, lift head and shoulders while keeping lower back flat.



Bird Dog | Begin with arms below shoulders and knees below hips, extend opposite arm and leg.



Reverse Crunch | Begin with legs elevated and bent, lift hips off the floor and press feet toward ceiling.



Star Toe Touch | Begin standing with feet wider than shoulder width, bend at waist and reach hand toward opposite toe.

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