

MAIN CORE

The main core is made up of the muscle groups that move, support, and stabilize the spine. These groups include the erector spinae muscles of the back, the rectus abdominus or “abs”, and the obliques around the sides. Try these exercises to activate the different muscle groups:



Long Arm Crunch | Keep lower back flat on the floor, crunch up with arms extended behind head.



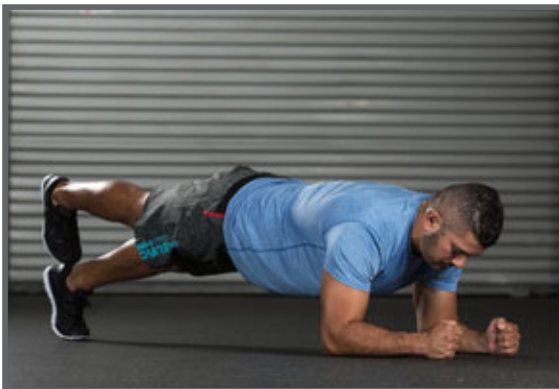
Heel Touches | From the floor with knees bent, raise shoulders off the ground and reach toward one heel at a time.



Leg Raise | Lying with lower back flat on the floor, lift straightened legs and slowly lower toward the floor.



Superman | From prone position, lift legs and upper body, keeping arms extended and back muscles tight.



Marching Plank | From a plank position with elbows or hands directly below shoulders and core engaged, lift one foot at a time.