

# Core Exercises

- \* Crunches
- \* Bicycle crunches
- \* Supermans
- \* Reverse crunches
- \* Toe touches (laying down)
- \* Russian twists
- \* V ups
- \* Elbow plank
- \* Push up plank
- \* Shoulder taps
- \* Alternating Supermans
- \* Plank forward reach/toe touch
- \* Oblique crunches
- \* Plank walk-ups (from elbow to push up)
- \* Windshield wipers
- \* Hip bridges
- \* Double crunches
- \* Straight leg sit ups w/twist
- \* Mountain climbers
- \* Spidermans
- \* Standing knee cross reaches
- \* Side plank with reach-through
- \* Plank jacks
- \* Bird dogs
- \* Hip dips
- \* Side hip dips
- \* Windmills
- \* Alternating heel touches
- \* Dead bugs
- \* Flutter kicks
- \* Scissors
- \* Plank walk-outs
- \* Side plank toe touches
- \* Side plank
- \* Superman plank
- \* Sit ups
- \* Squat-hold side crunch
- \* Turkish get-up
- \* Bear shoulder tap
- \* Butterfly sit up
- \* Kneeling wood chop
- \* High boat to low boat
- \* Boat pose hold
- \* Forearm plank rock
- \* V rock
- \* Roll like a ball
- \* Breakdancer
- \* Whole body roll up
- \* Plank to toe taps
- \* Leg lifts