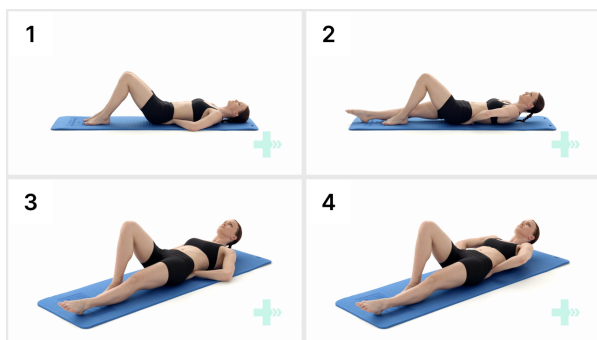


Sets: **2** • Reps: **10** • Hold: **1s**



1. McGill's crunch

Lie on your back with your knees bent and your feet flat on the floor. Place both hands, palm down, under the small of your back. Straighten one leg down onto the floor.

Keep your gaze directly above you on the ceiling, and tense your abdominal muscles.

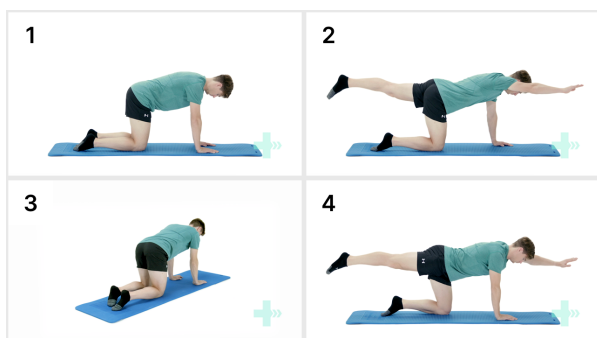
You may find pressing your tongue into the roof of your mouth helps to support your neck whilst performing this exercise.

Raise your head and shoulders off the floor 1 to 2 inches, then lift your elbows.

Hold this position.

Control the movement as you lower back down onto the floor and relax.

Sets: **2** • Reps: **6** • Hold: **1s**



2. Bird dog

Start on your hands and knees, with your hands under your shoulders, and knees under your hips.

Tighten the abdominal core muscles.

Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your body.

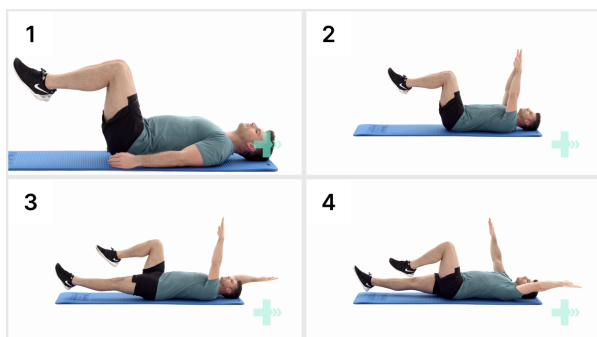
Do not allow your body or hips to rotate.

You should have a straight line from the tips of your fingers to the tips of your toes.

Ensure you do not arch your back.

Control the movement as you lower your arm and leg back down and repeat on the other side.

Sets: **2** • Reps: **12**



3. Supine dead bugs

Lie on your back and bring your legs up to table-top position with your hips and knees at 90 degrees.

Raise your arms straight up vertically over your head.

Keeping your back flat, lower the opposite arm and leg away from one another towards the floor.

Do not allow anything else to move and make sure your back stays flat on the floor.

Return to the start position and repeat with the other pair.