Core Exercises

**Squats With a Stability Ball**
Rest a ball between your back and a wall; squat until your knees are bent 90 degrees. If you don’t have a ball, squat down keeping your back as upright as possible.

10 reps.

**Push-Ups With Ball**
Rest your hips, knees, shins, or toes on a ball. If you don’t have a ball, do push ups from toes or knees.

10 reps.

**Lunges**
Rest your back leg on a ball and just bend and straighten front knee. Great for balance. Without ball, step forward dropping back knee to floor. Push back.

10 reps each leg.

**Plank**
Elbows under shoulders, abs tight, rest on toes, hold as long as possible. Work up to 1 minute

**Crunches**
The classic: feet flat on the floor, neck relaxed, abs the primary muscles working. Whether on the floor or ball, think of bringing chin to ceiling.

10 reps

**Reverse Crunches**
Lying with back on floor, keep knees at 90 degrees. Bring knees in and lower heels to floor. If using stability ball, place ball between knees and squeeze as you raise and lower knees.

10 reps

**Oblique Twists on Ball**
Lift up and twist your right shoulder toward your left knee, then lower; repeat on other side. On floor, bring shoulder towards opposite knee.

10 reps each side

**Back Extensions**
Rest your torso on the ball and put toes on floor. Hands behind your neck, lean forward, then straighten your back. On floor, extend arms in front of head. Raise arms and legs simultaneously a few inches off the floor. Hold for 2 seconds and release.

10 reps

**Reaching Lunges**
Step out as if you were doing a lunge. Keeping back leg straight, reach for your shoe laces. Step to the front, 6 with left leg then right. Step to the side, 6 with left leg then right. Step toward the back (open hips keeping front toe pointing forward), 6 with the left then right.
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