

Core exercises with Upper Body form focus (Part 2)



4. LUNGE HOLD

- Brace yourself in a gait position 1 leg forward 1 back
- Balanced, good posture
- Core switched on (belly button to spine/brace)
- Keep back straight (ensure your back and core muscles are engaged)
- Look directly forward
- Strike a running pose and hold, moving arms with a ratio of 1:1

Tip: Move arms fast - keep legs in the hold and swap legs after 30 seconds

5. STAIR CLIMBER

- Brace yourself in a plank position but with one leg drawn up under hips (similar to starting a race)
- Balance evenly on front arms, under shoulders
- Ensure core switched on (belly button to spine/brace)
- Draw 1 leg up/1 leg back, swap legs and continue alternating 1 side at a time

Tip: Don't lift back up. Bring legs up under chest in controlled quick movement



6. SUPER PERSONS

- Start in plank position
- Raise opposite arm/leg in controlled motion
- Back of heel to hip line/fingers to armpit height
- Pause and return, swap sides, ratio 1:1

Tip: Hold pause as you become advanced

