



REDPOINT

Core Exercise Guide

Ensure you have warmed up before any exercise

Check out the video to accompany this guide [here](#)

Crunches - Perfect Form

1. **Back** - Lie on your back with your knees bent, feet flat on the floor in line with your hips.
2. **Hands** - Place your hands behind your head, don't lace your fingers but place your thumbs behind your ears. Keep your elbows out to the sides.
3. **Core** - Pull your core inwards to lift your shoulders from the ground, hold for a moment and return to the starting position.

Dish Tuck - Perfect Form

1. **Back** - Lie on your back with your arms stretched out above your head.
2. **Arms & Legs** - Lift your legs and arms off the floor, around 6 inches. Also lift your head.
3. **Tuck** - Using your core pull your upper body towards your legs and tuck your legs up towards your body at the same time. Reach your arms forward past your knees towards your feet.
4. **Lower** - Lower your body back to the starting position with the arms and legs still raised and repeat the process.

Plank - Perfect Form

1. **Arms** - Place your forearms flat on the floor with your palms facing down, about shoulder width apart.
2. **Feet** - Push your toes into the ground lifting your legs from the ground, squeeze your bum.
3. **Core** - Engage your core, keeping your body in a straight line. Keep your neck neutral and in line with your spine.
4. **Hold** - Hold this position, keeping your form. If you feel your back arching or sagging then stop. Aim for a 30 second hold.

Progression

Your goal is to do 4 sets of 8 reps (1 mins rest between sets).

Do this with perfect form in Level 1, then move to Level 2 and so on.

Whatever level you pick, you may not be able to complete the goal straight away. So you can start with 4 sets of 5 reps.

Each session try to add in one more rep somewhere, anywhere in your session. That way you challenge your body to get that little bit stronger each week.

Remember you get stronger on your rest days. Doing any exercise makes your muscles weaker, as they get tired and "beat up". But your body is magic. While you sleep and the following day it will use all the food you eat to repair them better and stronger than they were before..... Isn't that amazing!

Crunches - Progression

Level 1 - Supported Crunches

Rather than lying on the floor to start your crunches, use a support (yoga ball or low chair) to lean against. Support yourself just under your shoulder blades. Use the same form as regular crunches.

Level 2 - Regular Crunches

Keep perfect form for your crunches!

Level 3 - Raised Leg Crunches

Start from the regular crunch position, but raise your legs to a 'sit' position. Your upper leg should be at right angles to the floor with knees bent and toes pointed. From this position start the crunch exercise keeping your legs raised throughout.

Level 4 - Twisting Crunches

Start from the raised leg crunch position, but when performing the crunch aim your elbow to your opposite knee (right elbow to left knee, left elbow to right knee). Raise the knee you are aiming for and straighten the other leg. Once you have done both sides this counts as one rep.

Dish Tuck - Progression

Level 1 - Dish Hold with Raised Legs

Rather than performing a tuck movement for this variation just hold the position. From the starting position of the dish tuck, raise your legs up in a right angle with knees bent and feet pointed. From here reach forwards with your arms and hold this position, aim for a 30 second hold.

Level 2 - Dish Hold

Rather than performing a tuck movement for this variation just hold the position. From the starting position of the dish tuck, raise your arms and legs as you would for the starting of the tuck but just hold this position, aim for a 30 second hold.

Level 3 - Dish Tuck

Regular dish tuck, remember to keep your form!

Level 4 - Dish Tuck with Open Legs

Perform the dish tuck as normal but when in the 'untucked' position hold that position and open your legs as wide as possible and close (A star jump position for your legs). Repeat for each rep.

Plank - Progression

Level 1 - Plank on Knees

From the starting plank position, drop your knees to the ground. Keep the same form and aim for a 30 second hold.

Level 2 - Plank

Regular plank, remember to keep your form!



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Level 3 - Unstable Plank

This is the same as a regular plank but try and use something unstable to raise your feet (a yoga ball, rings, etc). If you do not have access to anything then try placing one foot on top of the other.

Level 4 - Superman Plank

Start with a regular plank but raise an arm and the opposing leg (right arm and left leg, left arm and right leg). Stretch out your raised limbs as far as possible, return to the plank position and repeat with the other arm and leg. Either keep going for a set time or measure reps and aim for 15, one rep is both hands raised.

Core Variations

There are a huge number of different core based exercises and additional variations on the ones mentioned in this guide as well. Try using the internet to find extra exercises and keep rotating your exercises when they become easier to give your body difference stimulus.