

Plank

1. Plant the hands directly under the shoulders (slightly wider than shoulder-width apart) like you're about to do a push-up.
2. Ground the toes into the floor and squeeze the glutes to stabilize the body. Your legs should be working in the move too; careful not to lock or hyperextend your knees.
3. Neutralize the neck and spine by looking at a spot on the floor about a foot beyond the hands. Your head should be in line with your back.
4. Hold the position for 20 seconds. As you get more comfortable with the move, hold your plank for as long as possible without compromising form or breath.



Cat and Cow

1. Starting Position: Kneel on an exercise mat or floor, positioning your knees and feet hip-width apart, with your feet dorsiflexed (toes pointing towards your body).
2. Slowly lean forward to place your hands on the mat, positioning them directly under your shoulders at shoulder-width with your hands facing forward. Reposition your hands and knees as necessary so that your knees are directly under your hips and hands are directly under your shoulders.
3. Gently stiffen your core and abdominal muscles to position your spine in a neutral position, avoiding any sagging or arching.
4. Upward (Cat) Phase: Gently exhale and contract your abdominal muscles, pushing your spine upwards towards the ceiling and hold this position for 10 - 15 seconds. Allow your head to fall towards your chest, maintaining alignment with the spine.
5. Downward (Cow) Phase: Slowly relax and yield to the effects of gravity. Let your stomach fall towards the floor (increasing the arch in your low back) and allow your shoulder blades to fall together (move towards the spine). Hold this position for 10 - 15 seconds before returning to your starting position.



Wall Squat



1. Stand with your head and back against a wall. Position your feet shoulder-width apart, about 18 inches from the wall, and keep your arms at your sides.
2. Lower your body into a squat position until your thighs are parallel to the floor.
3. Hold.

Wall Push-Up



1. Simply stand a couple of feet away from a wall that is clear of objects with your feet positioned about shoulder-width apart.
2. Reach out your arms and place your palms flat on the wall ensuring that your feet stay flat on the floor with your legs straight.
3. Now, complete a push up by bending your arms until your face almost touches the wall and straighten your arms to return you to the starting position.

Double Arm Bent-Over Row



1. Grab a dumbbell securely in each hand. Slowly bend forward at your waist so that your chest is leaning forward over your feet.
2. Keep a slight bend in your knees while keeping your feet at about shoulder width apart. Start with your arms fully extended, allowing the dumbbells to naturally hang down at about mid-shin level.
3. Hold the dumbbells so that your thumbs point in toward one another and your palms face your body.
4. Next, lift or “row” the dumbbells up to the top and close to your stomach. Slowly return to the starting position and repeat.