Campus Recreation
Fitness Assessment Team
Core Exercises

**Sit-ups with medicine ball and rebounder**
(Feet under rebounder – sit up and throw ball –
catch it while going back down to floor. Repeat 10 – 20 times)

**Toe Touch w/medicine ball**
(Legs straight in the air, reach up using your abdominal muscles
(not arms!) to touch the ball to your toes. Repeat 10 – 20 times)
Around the World w/medicine ball
(legs bent at 90 degree angle, sit up to get shoulder blades off the floor and pass the ball around your legs, switching hands. Use your ABS and not your ARMS to pass the ball. Go 10 times each way)

V-Sit w/medicine ball
(balance on your butt bones. Bring legs to chest and pass ball under feet. Extend legs while ball is by chest. Go 10 times each way)
Twisting V-Sit w/medicine ball
(Balance on your butt bones. Lean back until you feel tension, then twist from side to side making the medicine ball touch both sides of the ground. For an easier modification, keep feet on ground. Repeat 10 – 20 times)

Sit-Up on stability ball
(sit on ball, roll out until your mid back is in the middle of the ball. Keep your hips up and concentrate on using your abdominal muscles to sit up. Feel the curvature of the ball under your spine. Sit up to the middle, then reach to both sides. Do 10 of each)
Abdominal Rollout on stability ball
(begin by kneeling, with the ball in front of you. The farther away the ball is from your body, the harder this will be. Slowly roll the ball out until your chest is touching the ball. Use your core muscles to pull the ball back. This picture is the end of the exercise. When it gets easy, stay in the “rollout” position for a count of 3. Repeat until exhaustion)

Jackknife on stability ball (begin)        Jackknife on stability ball (end)
(keep upper body still, use abdominal muscles to bring knees to chest. When you have mastered balance, don’t bend knees but instead bring toes to chest so you look like an upside down “V” Repeat until exhaustion)
**Bicycle**

Alternate elbows to knees while your legs make a bicycle motion, circling around like pedaling. Make sure to keep your low back on the ground, not arched. The slower and the lower you go with your legs, the harder this will be.)

**Plank**

(hold yourself stiff as a board on your elbows and toes. Keep your hips in line with the rest of your body – we don’t want butts up in the air or sagging! For variation, try doing it on both left and right side. Attempt 3 sets of 20 seconds. When that gets easy, add another 10 seconds. Remember to breathe!)
V-Sit on BOSU ball
(balance on top of dome. If you can’t balance, hang on to bottom. Bring knees in toward chest then back out again. The slower you go and the farther you stretch your legs, the harder it will be. Repeat 10 – 20 times)

Plank on BOSU
hold yourself still and stiff while balancing on ball
For variation, tip the BOSU to the right, then to the left.
Shoe Touch
(use your core muscles to slide yourself back and forth to touch the back of your shoes. Keep your shoulder blades off the ground. Do 20 total (10 each side)

Hip Lifts
(imagine your shoes are against a ceiling and you are kicking straight up to touch the ceiling. Use your abdominals to lift your hips off the ground. DO NOT use momentum to swing – just a natural, small movement)
Superman
(keep hips on the ground – lift left arm and right leg as high as possible until you feel a tightening in your low back. Hold for 5 – 10 seconds then switch sides. Make sure to keep your hips on the ground)

Partner V-Sit w/medicine ball
(balance on your butt bones, or for more support, keep your feet on the ground, and sit back to back with a partner. Turn side to side while passing the ball around. Try 10 to each side)
Leg Extensions
(keep low back on floor, hands under bottom for cushion – extend legs straight and low as possible without back arching, then bring knees back into chest. The slower you go, the harder. Don’t hold your breath! Repeat 10 – 15 times)

Starting Position for Knee/Leg Raises
(on Roman Chair begin with legs hanging straight down. You can then either bend your knees up or bend at the waist, using your abs, until your upper thighs are parallel to the floor. See next pictures)
Bent Knee Raise  
Straight Leg Raise  
Repeat 10 – 20 times or until exhaustion. Try not to use momentum, but instead use your core muscles  

Side Bends on back extension machine  
(position pad so the top of your hip bones are above the pad. Lean to the side as much as comfortable – you’ll feel a tight stretch – then use your core muscles to pull yourself back up. Go only as far as feels comfortable. Do 10 – 15 on each side)