

# Beginner Core Exercises

Email: [health.plus@vanderbilt.edu](mailto:health.plus@vanderbilt.edu)



## Knee Planks

Begin by lying on stomach, elbows bent, and weight on forearms. Lift body up so that weight is on elbows and knees. Keep back as straight as possible contracting the belly into the spine. Do not let hips drop or rise. Remember to breathe. Hold for 30 seconds and work up to 1-2 minutes. Repeat for 1-3 sets.



## Knee Side Planks

Begin by lying on side with arm bent and resting weight on the elbow. Knees should be bent as well. Lift body up so that weight is on knee and elbow. Keep body as straight as possible. Hold for 30 seconds and work up to 1-2 minutes. Repeat on each side for 1-3 sets.



## Birdog

Begin on all fours with hands under shoulders and knees under hips. Keep back straight and head in line with the spine. Extend one arm and hold for 5 seconds. Return to start. Extend the opposite leg and hold for 5 seconds. Return to start. Make sure arm and leg are level with back. Perform 10 repetitions for each leg/arm combination for 1-3 sets.



## Crunches

Begin by lying on back with knees bent and hands clasped behind head. Elbows should be out wide. Take a deep breath in and on the exhale lift your shoulders off the floor about 6-12 inches, making sure to not strain neck by looking up and not tucking chin down. Hold for 1-2 seconds and then return to starting position. Perform 10-20 repetitions for 1-3 sets.



\* Note: When performing core exercises, breathing is key. Breathe **out** on the contraction/initial phase and **in** on the release/rest phase.

# Beginner Core Exercises

Created by: Rebekah Downing, ACSM, Fitness Associate



## Crunches with Twist

Begin in same position as a crunch. Instead of going straight up, twist to the right then return to starting position. On the next repetition twist to the left and then return to starting position. Perform 10-20 repetitions for 1-3 sets.



## Leg Lifts

Begin by lying on back with legs flat. Slide hands under rear for stability and lower back support. Slowly lift legs off the ground about 12 inches and bring back to starting position. If this is difficult, start with one leg at a time until strong enough to lift both or bend the knees slightly. Perform 10-20 repetitions for 1-3 sets.

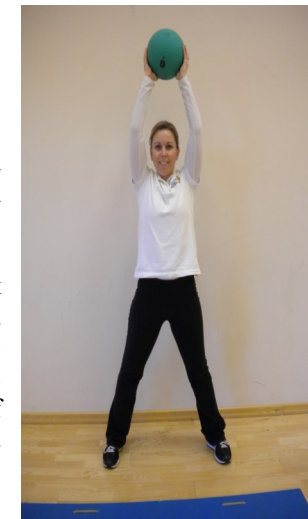
## Reverse Crunch

Begin by lying on back with both feet in the air. Lift your pelvis off the floor and return for one repetition. Hands should be flat on the ground at sides for stability. Perform 10-20 repetitions for 1-3 sets.



## Classic Wood Chop

Begin by standing while holding a medicine ball (4-6 lbs). Legs should be slightly wider than shoulders. Raise the ball above head to start. Bend the knees and move hips back when lowering the ball. Arms should stay straight as the ball lowers to knee level. Make sure to keep knees in line with toes and not in front of them. Return to starting position and repeat for 10 repetitions for 1-3 sets.





# Advanced Core Exercises

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## Planks

Begin by lying on stomach, elbows bent, and weight on forearms. Lift body up so that weight is on elbows and toes. Keep back as straight as possible keeping the belly tucked in. Do not let hips drop or rise. Remember to breath. Hold for 30 seconds and work up to 1-2 minutes. Repeat for 1-3 sets.



## Side Planks

Begin by lying on side with arm bent and resting weight on the elbow. Legs are straight with weight on the outside of the foot in contact with the floor. Lift body up so that weight is on foot and elbow. Bring your top arm straight up for added difficulty. Keep body as straight as possible. Hold for 30 seconds and work up to 1-2 minutes. Repeat on each side for 1-3 sets.



## Advanced Birdog

Begin on all fours with hands under shoulders and knees under hips. Without arching back and keeping head in line with spine, extend right arm and left leg up. Make sure arm and leg are level with the back. Balance for 5 seconds before returning to starting position. Perform 10 repetitions for each arm/leg combination for 1-3 sets.



## Crunches with Medicine Ball

Begin by lying on back with knees bent. Hold the medicine ball with arms straight behind head on the floor. Take a deep breath in and on the exhale lift your torso off the floor about 6-12 inches, making sure to not strain neck by looking up and not tucking chin. Bring arms straight up with ball until back is straight. Hold for 1-2 seconds and return to starting position. Perform 10-20 repetitions for 1-3 sets.



\* Note: When performing core exercises, breathing is key. Breath **out** on the contraction/initial phase and **in** on the release/rest phase.

# Advanced Core Exercises

Created by: Rebekah Downing, ACSM, Fitness Associate



## Twist with Medicine Ball

Start in the up position with back off the ground (feet off the ground for even more advanced movement). Twist to the right and left touching the medicine ball to the ground on each side. This exercise can be done at a fast or slow pace. Perform 10-20 repetitions for 1-3 sets.

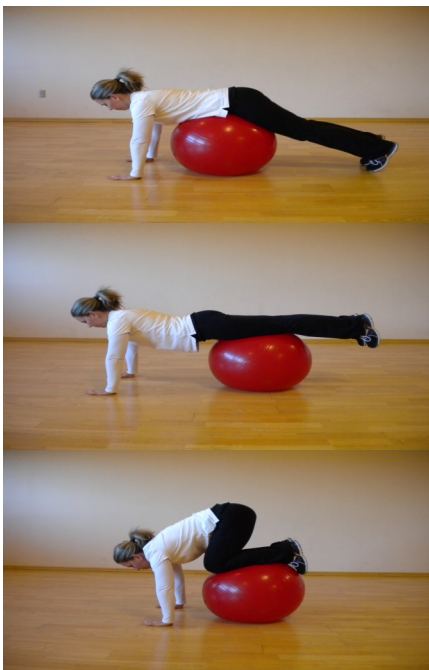


## Core Ball Transfer

Start on back while holding a core ball above the head. Bring arms and legs up to transfer the ball from your hands to your knees/feet. Return to starting position and repeat, this time transferring from the knees/feet back to the arms. Perform 8-10 repetitions for 1-3 sets.

## Knee Tucks with Core Ball

Begin on all fours with ball under torso. Slowly walk hands forward until feet come off floor and thighs are on ball with shoulders in a straight line with hands in the plank position. Exhale and slowly bend knees toward chest as ball rolls closer to arms in a tucked position. The hips will move toward ceiling. The knees should be in line with the hips in the tuck position. Inhale and straighten legs back into starting plank position. Perform 8-10 repetitions for 1-3 sets.



## Oblique Wood Chops

Begin by standing and holding a medicine ball (4-6 lbs). Legs should be slightly wider than shoulders. Raise the ball above head to either the left or right side. Bend the knees as the ball lowers to the outside of the opposite knee. Arms should stay straight as the ball lowers to knee level. Return to starting position and repeat on each side for 10 repetitions for 1-3 sets.



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