



Instructions

Introduce each of the following activities with a demonstration, reviewing the benefits of each activity and what muscles are trained. You can have participants do a specified number of reps for each exercise, or have them perform each exercise for a designated amount of time and stress focusing on proper form.

■ Table Top

 No Equipment

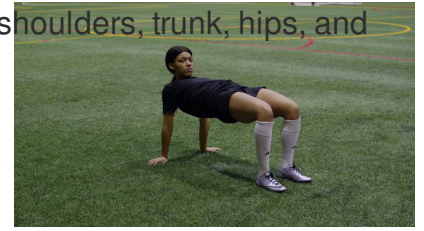


Instructions


- From a seated position, create a “table” with the body: the palms down, the arms locked straight, the knees bent 90 degrees, the belly raised flat.

Participants perform different core and leg strength exercises.

- The legs should be parallel and the body straight through the shoulders, trunk, hips, and legs.
- Lift one heel slightly off the ground for 1 second, then lift the other heel off the ground for 1 second.
- Continue alternating heel lifts
- Increase difficulty by balancing a ball or other unstable object on the “table top.”



■ Table Top Russians

 No Equipment



- From a seated position, participants create a “table” with their body.
- Palms down, arms locked straight, knees bent 90 degrees, belly raised flat.
- Legs parallel, straight body through shoulders, trunk, hips, and legs.
- Lift one leg, straighten, and point the toes for 1 second.
- Lift the other leg, straighten, and point the toes for 1 second.
- Continue alternating leg lifts and points.



Progression and variations

1. Use hand claps to cue the movement (like a dance).
2. For fun, adjust the tempo by speeding up and slowing down.

■ Lunges

 No Equipment



Instructions

- Stand with the feet shoulder-width apart, pointing the toes and facing the knees forward.
- Keep the back straight and the shoulders over the hips.
- Step two to three feet forward with one foot and lower into a lunge position with the front knee bent at about a 90-degree angle and the back knee bent at a 90-degree to 120-degree angle.
- Keep the front knee over the ankle, not the toes. If the knee is too far forward, slide the hips back.
- Do not let the hips or torso twist or drop to one side.
- Hold for 1-2 seconds.
- Push off the front foot to return to the standing position.
- Repeat, leading with the opposite foot.
- As a variation, lunge down a straightaway by stepping forward with each lunge.



Training Specifics

- Beginners: 1-2 sets of 5-10 lunges per leg.
- Experienced participants: 2-3 sets of 10-15 lunges per leg.

■ Crunches

 No Equipment



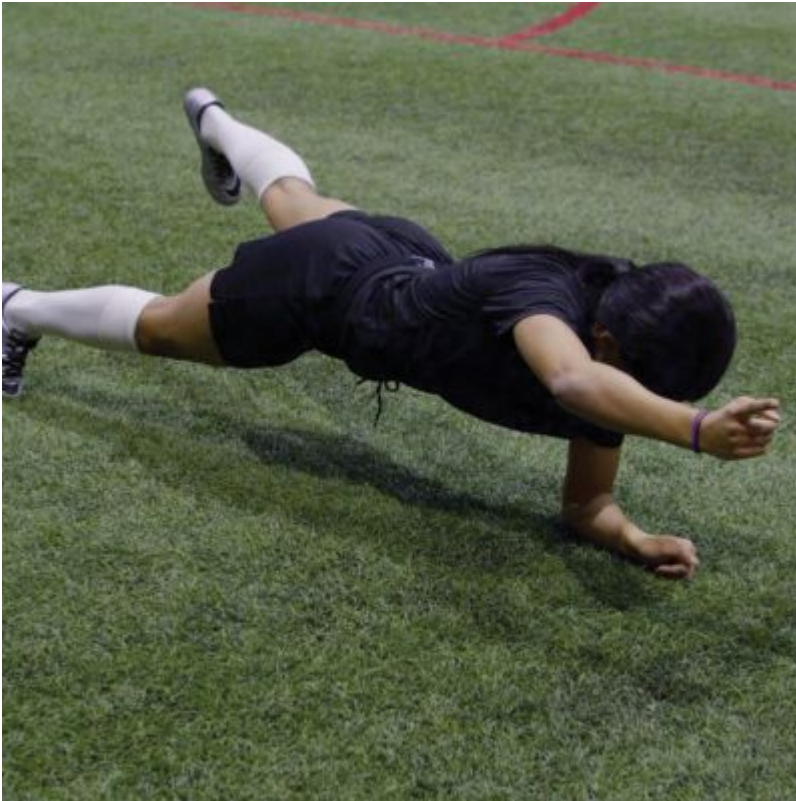
- Lie on the ground with the knees bent and the feet flat on the floor roughly shoulder-width apart.
- Place the fingertips on the back or sides of the head with the elbows pointing outward.
- Take a deep breath and, while exhaling, contract the abs and raise the chest and head until the shoulder blades are 1-2 inches off the floor.
- At the same time, pull the belly button towards the spine and flatten the lower back against the floor, squeezing the abs tightly.
- While inhaling, lower the shoulders back down until they are just above the ground.
- Beginners: 1-3 sets of 10-15 crunches
- Experienced Athletes: 3-5 sets of 20-25 crunches

Performance Points

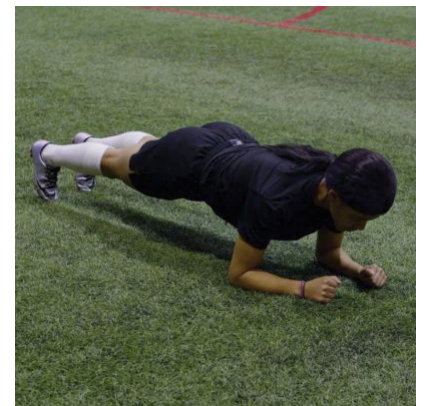
- Keep the neck long and raise the chin to avoid straining the neck. There should be enough space to fit a small orange between the chin and the chest.
- Relax the neck by using the hands to support the weight of the head.
- Keep the elbows pointing outward from the ears and never pull the head up with the hands or interlock the fingers behind the head.
- Breathe deeply and rhythmically throughout the exercise, exhaling when going up and inhaling when coming down.
- Lift both the chest and the head to achieve more of a lift than a curl.
- Keep the lower back touching ground.
- Move slowly and with control in order to engage the abdominals throughout.

■ Plank: Superman (Right and Left)

 No Equipment

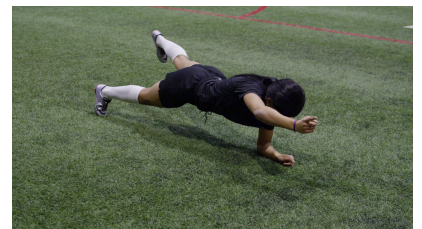


- 👁 Participants begin in plank position
- Shoulders align with hips and ankles.
 - Left and right hips are same height.
 - Elbows directly under shoulders.
 - Forearms straight forward (not grasping hands to form a triangle).



Instructions

- Begin in standard front plank position.
- Shift weight entirely onto the left forearm.
- Raise the left foot slightly off the ground.
- Lower the left foot and return to front plank position.
- Shift weight onto the right forearm.
- Raise and straighten the left arm and point the index finger straight ahead.
- Raise the left foot slightly off the ground.
- Continue alternating right and left “Supermans.”
- Keep the feet shoulder-width apart, the shoulders aligned with the hips and ankles, and the left and right hips same height.




Progression

- Begin with an activity duration of 10 seconds and progress to 30.


- When introducing this exercise, allow a belly-rest between sets.
- As participants master the movement, gradually eliminate the rest move toward doing the “pointer” at the same time as lifting the foot and going directly from “Superman Right” to “Superman Left.”

■ Side Lunges

 No Equipment

- Standing with the feet a bit more than shoulder width apart, shift the body’s weight to one leg while bending that leg’s knee to a 90-degree angle and keeping the other leg straight.
- Hold for 2-3 seconds and then return to the center and repeat with the other leg.
- Do 10 side lunges on each leg.
- This dynamic stretch loosens the glutes, quads, and hamstrings.

■ Bent Knee V Sit

 No Equipment



Instructions

- Sit with knees bent 90 degrees, toes pointing to sky, heels on the ground.
- Lean back slightly, trunk tall, and lift heels off ground.



■ Bear Crawl

 No Equipment




Instructions

- Bend forward from the waist.
- Place both hands on the ground.
- Belly faces the ground.
- Move forward slowly by lifting hand and foot together on the same side of body.
- Move one side and then the other.
- Knees do not touch the ground.
- Feel the transfer of weight from side to side.



■ Crab Walk

 No Equipment



Instructions

- Sit on the ground.
- Bend your knees.
- Place your feet flat on the ground.
- Belly faces the ceiling.
- Place your palms on the ground by your side with your fingers pointed toward your feet.



- Lift your butt into the air.
- Arch your back up as far as you can.
- At the same time, move your left hand and right foot in the same direction (forward, backward, left, right) to take a step.
- Continue by moving right hand and left foot in the same direction.