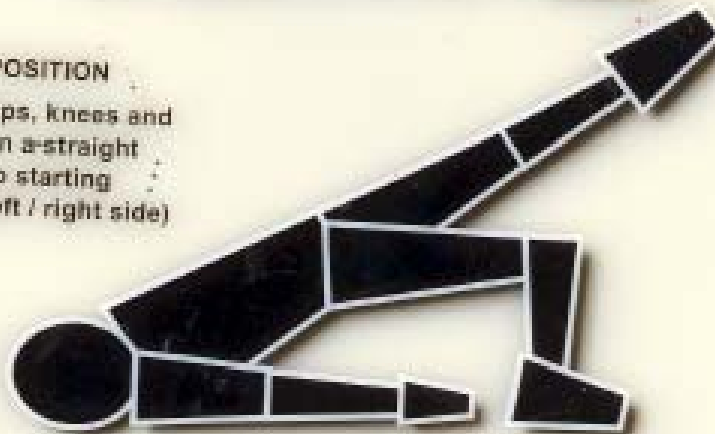


# Modified Bridge

**START/END POSITION**  
(place arms and palms flat  
against floor...leg elevated)



**MID POINT POSITION**  
(raise hips until hips, knees and  
shoulders are in a straight  
line...return to starting  
position...repeat left / right side)

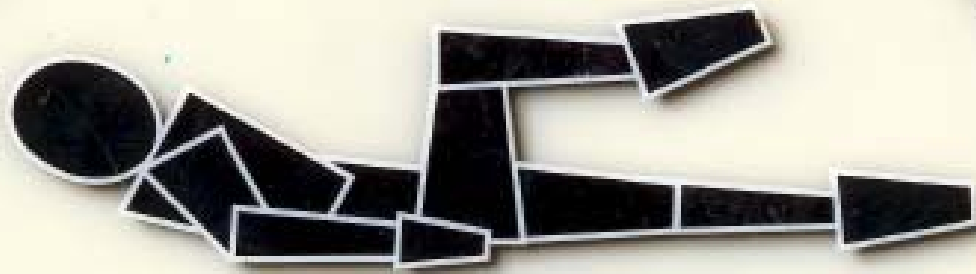


## Core Exercise

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# Cycling



START/END POSITION  
(prop body on elbows keeping arms close to body)



MID POINT POSITION  
(pretend to ride a bike moving feet in a circular motion)

## Core Exercise

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# Double Crunch



**START/END POSITION**  
(lay flat on back with  
arms and legs pointed  
towards ceiling)



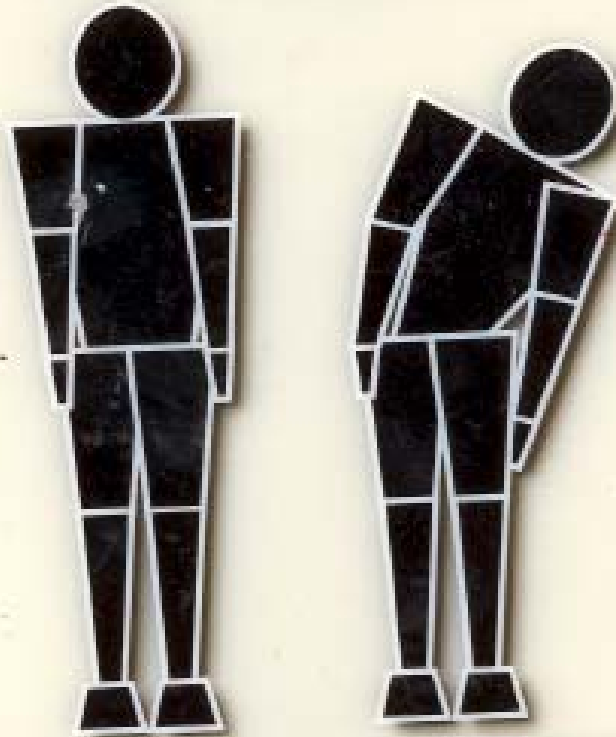
**MID POINT POSITION**  
(touch fingers to  
toes...return to starting  
position...repeat)

## Core Exercise

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# Side Bend



START/END POSITION

MID POINT POSITION

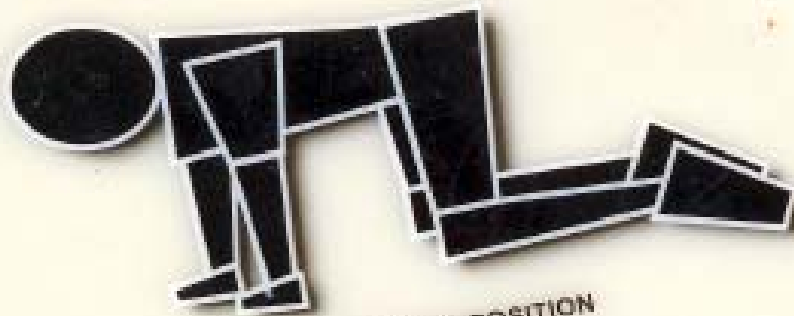
(lean in one direction keeping arms at your sides throughout the motion...  
hold position...repeat left / right side)

## Core Exercise

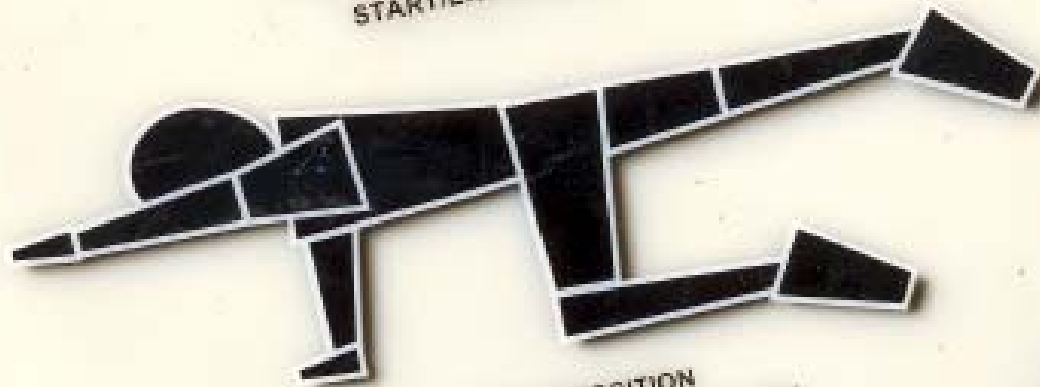
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# Pointer



START/END POSITION



MID POINT POSITION  
(hold position...repeat left / right side)

## Core Exercise

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# Back Extension



**START/END POSITION**  
(lay flat against floor with forearm and palms face down)



**MID POINT POSITION**  
(lift arms and chest off floor followed by the legs...hold position...repeat)

## Core Exercise

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# Kneeling Twist



START/END POSITION  
(twist upper body to one side as far as possible...repeat left /right side)

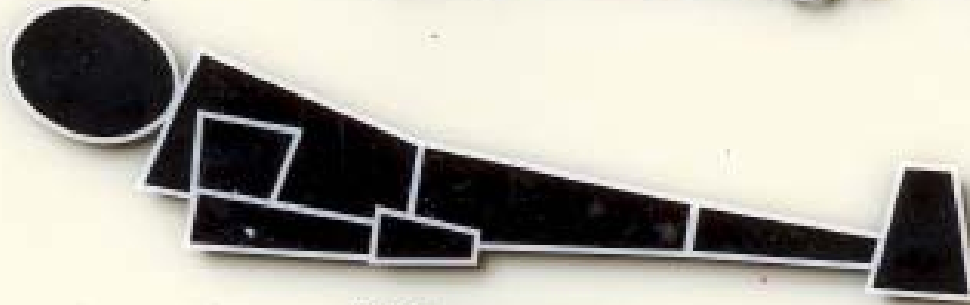
MID POINT POSITION

## Core Exercise

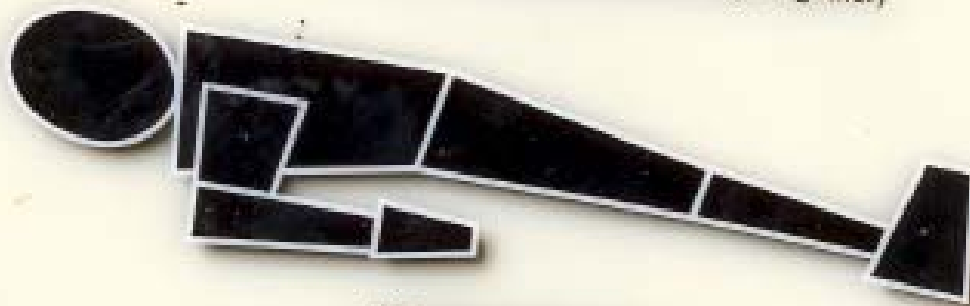
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# Straight Bridge



START/END POSITION  
(prop body on elbows keeping feet and legs together)



MID POINT POSITION  
(slowly raise body at the hips...hold position...repeat)

## Core Exercise

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