



GET ACTIVE NOW

WITH SAMANTHA CLAYTON

Plank Crunch

3 SETS OF 8 TO 10 REPS

Start in a push-up position making sure that your wrists and shoulders are in a straight line. Keep your eyes looking in front of you to maintain a neutral spine. Extend your right arm forward and left leg back, and hold. Perform crunches by bringing your left knee to meet your right elbow. Repeat and alternate.



CORE EXERCISE

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Boat Tucks

3 SETS OF 8 TO 10 REPS

Begin seated with your knees bent and feet flat on the floor, hands resting beside your hips. Keeping your spine straight, lean back slightly and lift one foot off the floor at a time. Draw in your low back, lift your chest, and lengthen your torso. Then extend your arms forward, in line with your shoulders, with your palms facing each other. Balance on your sit bones, keeping your spine straight. Take care not to let your lower back sag or chest collapse. Stretch your legs out front at a 45-degree angle from the ground, hold, tuck them back toward your chest and repeat.



CORE EXERCISE



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