



Abs and Core Basic Exercises

1. Sit-ups

On your back, keep your knees bent and with your fingers on your temples, sit up, looking straight ahead, making sure that your back is straightened and your elbows are pulled back in the final position. (If you are struggling at the beginning, remember | : working towards it is brilliant workout.)

2. Floor leg extensions

Keep your hands palm down under your buttocks, raise your knees and begin to extend your legs, until straight, slightly off the floor.

3. Leg Raise (or Hip-up)

From a lying position, begin to lift both of your legs, straight and together, into a 90° angle and bring back slowly. Without touching the ground with your soles, repeat. Hands under buttocks.

4. Scissors

Keep your legs slightly off the ground, put your right leg above the left, then the left above the right, which counts as one circle. Hands under bums.

5. Oblique Crunch

Lie with your knees bent. Lift your head and shoulders off the ground, then reach with your extended right arm towards your right ankle, then with your left leg towards your left ankle.