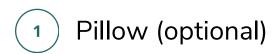
# CORE -SeniorFit Online -TRAING

#### WHAT YOU NEED FOR THIS WORKOUT





Your smart phone (optional)

All the equipment is optional

## 1. CORE POWER TUCK, SUCK & SQUEEZE



- 1 Fingers under you back. Fatten your back
- (2) Hands on your stomach. Suck in
- (3) Hands on your glutes. Squeeze everything up & in

Hold for 3 seconds. Repeat 3 times



\*Note: Tuck, Suck, and Squeeze are all performed together

#### 2. MARCHES



- Tuck, suck, & squeeze. "Core power"
- Lift one leg slowly while keeping the knee bent
- Alternate legs. Focus on keeping your back flat

5 repetitions each leg. 10 total



#### 3. PILATES BRIDGE



- 1 Tuck your hips & peel them off the floor
- (2) Keep your hips up & squeeze your glutes
- 3 Don't lift your hips higher when you squeeze

**Hold for 20 seconds** 



#### 4. DOWNHILL MARCH



- 1 Lift both feet up for "table"
- Maintain "core power" & lower one leg
- (3) Keep your knee bent & tap your heel to the ground

5 repetitions each leg. 10 total



#### 5. GLUTE BRIDGE



- 1 Lift your hips high
- Drive through your heels
- You're not tucking your hips for this exercise

10 repetitions



#### 6. UNICYCLE



- 1 Lift both feet up for "table"
- Extend one leg down & away from you
- Maintain "core power". Don't round your back

5 repetitions each leg. 10 total



### 7. SINGLE LEG GLUTE BRIDGE



- 1 Cross one leg over
- Bridge your hips up & pause
- (3) Keep your knee over your foot

10 repetitions each leg. 20 total

