



**CORE**

— SeniorFit Online —

**TRAINING**

# WHAT YOU NEED FOR THIS WORKOUT

- 1 Pillow (optional)



- 2 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



- 1 Tuck, suck, & squeeze. “Core power”
- 2 Lift one leg slowly while keeping the knee bent
- 3 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”
- 2 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
- 2 Drive through your heels
- 3 You're not tucking your hips for this exercise

**10 repetitions**



# 6. UNICYCLE



- 1 Lift both feet up for “table”
- 2 Extend one leg down & away from you
- 3 Maintain “core power”. Don’t round your back

**5 repetitions each leg. 10 total**



# 7. SINGLE LEG GLUTE BRIDGE



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

**10 repetitions each leg. 20 total**

