



Plank and kick ✨

from plank position, alternate lifting your legs above you

✨ Flutter kicks

lie on your back, hands behind your head, alternate kicking your legs slightly in the air without them touching the ground



Side plank rotation ✨

from plank position, poke your elbows out, bring right knee to right elbow, alternate sides

✨ Single-leg crunch

lie on your back, extend your left leg out and bend your right knee, with your right foot on the ground raise upper back off the mat, lift left leg and reach left fingers toward left toes



Glute bridge ✨

lie on your back, knees at 45-degree angle, press back to the floor, contract glutes, push heels down, raise hips to knee height