

## Sprinter Core Workout – The Basics

No weights are necessary. Simply hold each position. As you build strength, hold the position longer. Focus on form Here's a sample to get you started

### 1. Side Bridge



Lie on your side with your forearm on the floor under your shoulder to prop you up, and your feet stacked. Contract your core and press your forearm against the floor to raise your hips until your body is straight from ankles to shoulders. Hold for 15 to 45 seconds, and then repeat on the other side. Contract your abs and butt muscles forcefully to keep your body straight.



### 2. Plank with Diagonal Arm Lift

Assume a modified pushup position with your feet shoulder-width apart, forearms on the floor. Keeping your torso steady, raise your right arm forward and to the right, so that it points to 2 o'clock. Hold for 2 seconds, then lower and repeat with your left arm, raising it to 10 o'clock. That's one rep. Your elbows should be bent 90 degrees and directly under your shoulders.



### 3. Glute-Bridge March

Lie with your knees bent and your arms and heels on the floor. Push down through your heels and squeeze your glutes to raise your body into a straight line from knees to shoulders. Next, bring a knee toward your chest. Reverse the move, and then repeat with your other leg. That's one rep. Don't allow your hips to sag at any time during the movement.

### 4. Single-Leg Lowering

Lie on your back with your legs extended straight up. Keeping your legs straight, lower your left leg until your foot is 2 to 3 inches off the floor. Return to the starting position, and then repeat with your right leg; that's one repetition. Think about pushing the bottom of your heel away from your hip as you lower your leg. Don't point your toes; keep your foot flexed toward you. Lead with your heel.





### **Frog Sit Ups**

1. Begin on your back with your feet spread wide and your arms extended
2. Lift your upper body and your legs as you bring your arms together in front of you and bend your knees toward your chest, maintaining balance on your glutes.
3. Un-tuck your body and roll back until your upper body and legs hover just above the floor.

### **Variations**

#### **Planks from the Push up Position:**

From the pushup position, rotate your body and raise your arm while keeping your body straight. Hold. Rotate to the opposite side and hold.

Angle your body slightly so your glutes are higher than your shoulders. Alternately drive your knee to your chest and hold. Keep good body position while flexing your abs, making sure to exhale as your knee comes to your chest. To really challenge yourself, return your leg to the plank position. Point your toe and raise your leg higher than your glutes and hold.