

SEATED CORE EXERCISES

Crunching Knee Raise You can keep your hands at your sides or place them behind your head to do crunching knee raises. Sit tall in your chair and lift one bent leg at a time toward your chest. At the same time, curl your upper body down to meet your knee. Hold each contraction for a moment then release and repeat with the other leg.

Oblique Chair Crunch The oblique chair crunch is similar to the straight knee raises with a little twist at the end. With your back straight and abs tight, place your hands behind your head or at the side of your head if necessary. Slowly lift your left knee up toward your right side, as you twist your torso to bring your right elbow down. Touch your knee and elbow together if possible, and then return to the start and repeat with the other side.

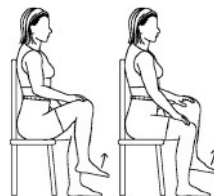
The Vacuum The vacuum is an isometric abdominal contraction that you can perform standing, lying or seated in a chair. To perform the exercise, sit up straight in your chair and exhale every last bit of air from your lungs. With your chest up and out, suck your stomach in like a vacuum and hold it for as long as possible. Visualize touching your navel to your spine, so you have the right idea of how to do the exercise.

The **seated march** is great for strengthening your core and abs. Perform 3 sets of 20, 3 times per week. Start by sitting in a chair with your hips and knees at 90 degrees. Lift one leg up, lower back down, and repeat with the other leg. If you want a little more intensity try this instead: lift one leg, then straighten it out in front of you, bend and lower back down. Repeat with the other leg.

seated march

3 sets of 20

- ➡ Strengthens core
- ➡ Strengthens abs



Sit in a chair with your hips and knees at 90°. Lift your left leg up, then lower back down. Repeat with right leg.

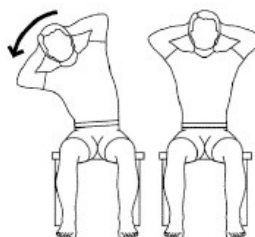
Want a little more? After you lift your leg, straighten it out in front of you, then bend and lower back down.

The **side bend** is a great way to strengthen your core and abs, as well as increase abdominal flexibility. Try 3 sets of 10 and perform this exercise 3 times per week. Start in a seated position, bend to the right then return to start. Repeat this on the left side and continue going back and forth.

side bend

3 sets of 10

- ➡ Strengthens core & abs
- ∞ Increases abdominal flexibility



Start in a seated position. Bend to the right then return to the starting position. Repeat this motion on the left side.