





## Core Strength Challenge

Week 1			
Activity	How many or how long	How many days	Instructions
Head and shoulder lifts 	10 times	3 days	Lie on your back on the floor and your knees bent with your feet flat on the floor. Lift your head and shoulders off the floor as high as possible and keep your feet flat on the floor. <b>Try using your stomach muscles as much as possible and avoid pulling your neck up with your hands.</b> While lifting your head and shoulders (doing a crunch) breathe out and on your way back down breath in.

Week 2			
Activity	How many or how long	How many days	Instructions
Commercial Break Plank Challenge 	Hold for 10 seconds during commercial breaks.	3 days	During the commercial break, start by lying face down on the floor. Place your elbows and forearms underneath your chest. Prop yourself up on your elbows, forearms and toes forming a bridge with your body. Keep your head, neck, back, hips, and legs in a straight line from head to toe. Suck in your stomach and remember to breathe throughout the exercise. <b>Hold it for 10 seconds or as long as you can. See if you can do the challenge during three commercials in one day.</b>

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Week 3			
Activity	How many or how long	How many days	Instructions
Basketball Chest Pass Crunches 	10 times	3 days	Lie on your back on the floor with your partner standing up at your feet. Lift your head off the floor as high as possible as you throw a ball to your partner. Keep your head lifted up until your partner throws the ball back to you. To throw the ball, try to do a chest pass (like in basketball). To do a chest pass, you hold the ball with your thumbs pointing to the floor and the fingers of each hand pointing towards each other. See photo below.

Week 4			
Activity	How many or how long	How many days	Instructions
Side Plank Challenge 	10 seconds during two different commercials	3 days	Start by lying on your side with your feet one on top of the other and your arm placed squarely underneath you. Then lift your body up maintaining a solid bridge while supporting your body weight on your one foot and forearm. Hold this position for 10 seconds or as long as possible until your hips begin to sag and you can no longer maintain a solid bridge.