1. Dumbbells plank rotation

• Get into a plank position, with your hands under your shoulders, your feet a little wider than hip-width apart and hold a dumbbell in each hand

•Twist your torso and lift your left hand towards ceiling.

•bring your left hand back to the initial position and repeat on the right side

1. Side bend

• Grasp a set of dumbbells. Stand straight up with one dumbbell in each hand, palms facing in.

•Keep your feet firmly on the floor with a shoulder width stance.

•Keeping your back straight and your eyes facing forwards, bend down to the right as far as you can, then back up again.

•Without pausing at the top, bend down to the left.