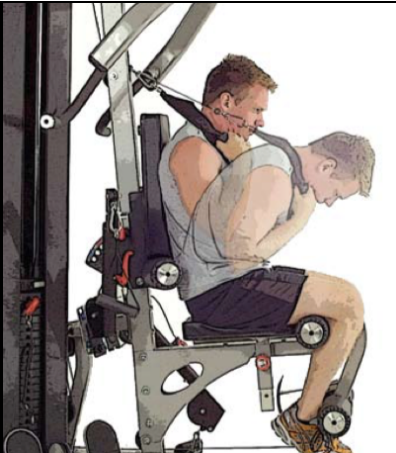


# Core:

Exercise:	Muscles primarily worked:	Description	Comments
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## Gym exercises:



**Figure A: Ab Crunch [1] (Bodycraft, 2020)**

Abdominals (stomach).

The seat needs to be adjusted to the lowest and most upright position. By adjusting the ab strap to the cable end, the ab strap gets held over the shoulders and held in place. The abdominal muscles are worked by crunching to the front and holding in the position

before  
moving back  
up to the start  
position. This  
exercise is  
crucial to  
improve core  
strength.



***Figure B: Seated  
Knee Raise [1]  
(Bodycraft,  
2020)***

Abdominals  
(stomach).

By seating on  
the seat, the  
handles are  
grasped and  
held in place  
which the legs  
are extended  
to reach a  
horizontal  
position  
making a 90  
degrees angle  
below the  
knee, drawing  
to the chest.  
The trainee  
then returns  
to start  
position  
slowly after

This exercise  
is also  
known as  
the Reverse  
Crunch.



**Figure C: Side Bends [1]**  
(Bodycraft, 2020)

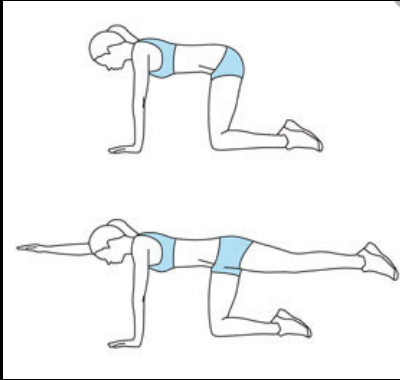
Abdominals  
(stomach)  
and  
Obliques  
(waist).

working out  
the core area.

One of the functional training arms needs to be adjusted into the lowest position while the trainee stands to the side. By grabbing the handle, the trainee tilts to the side, pushing the handle slightly and holding stationary in the tilted position. The hips stay locked with the upper torso bent to the side before

returning  
back to the  
starting  
position  
gently.

### At home exercises:



***Figure D: Bird  
Cat exercise [3]  
(Tanebaum,  
2018)***

Rectus  
abdominis,  
internal and  
external  
obliques,  
and erector  
muscles of  
the spine

The hips are  
to be  
extended  
opposite to  
the shoulder.  
First, the  
starting  
position  
needs to be  
with both legs  
and arms on  
the floor  
supporting  
the trunk.  
One leg gets  
extended into  
a 180 degrees  
angle. At the  
same time,  
the opposite  
arm needs to  
be extended  
into the 180

The final  
position only  
needs to be  
maintained  
for less than  
5 seconds  
before  
returning to  
start  
position.

degrees angle  
as well. The  
position  
needs to be  
maintained  
for  
approximately  
a few seconds  
before the  
exercise is  
repeated and  
the opposite  
leg and arm.

## References:

[1] Bodycraft - Exercise Guide | Bodycraft 2020 | Exercise Guides: The Art and Science of Movement | Figure A – Figure C exercises | Available online at: <https://www.bodycraft.com/pdfs/exercise/ExerciseBook.pdf> | Accessed 18 March 2020

[2] Cancer Council Western Australia | Guidelines for implementing exercise programs for cancer patients | Figure D exercise | The Cancer Council WA <https://www.racgp.org.au/FSDEDEV/media/documents/Clinical%20Resources/HANDI/Guidelines-for-implementing-exercise.pdf> | Accessed 19 March 2020

[3] Real Simple | Get Stronger Abs in 15 Minutes | Figure D | Sharon Tanenbaum | 06/06/2018 | Available online at: <https://www.realsimple.com/health/fitness-exercise/workouts/stronger-abs-in-fifteen-minutes>