**Core**

A) Bird dog

https://youtu.be/HtMI17DGuTk?si=ZAOhuNvUOKG-dY2N

1.​Pull B1 (Left Arm) – lift forward to shoulder height

​2.​Pull B6, B4 (Right Leg, knee) – lift backward to hip height

​3.​Hold position for 3–5 seconds

​4.​Push B1 (Left Arm) – return arm to mat

​5.​Push B6, B4 (Right Leg, knee) – return leg to mat

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​6.​Pull B2 (Right Arm) – lift forward to shoulder height

​7.​Pull B5, B3 (Left Leg, knee) – lift backward to hip height

​8.​Hold position for 3–5 seconds

​9.​Push B2 (Right Arm) – return arm to mat

​10.​Push B5, B3 (Left Leg, knee) – return leg to mat

B) Shoulder taps

https://youtu.be/Ki-H6D3gvco?si=EGX9llpyxsbbTtyR

•​Begin in a high plank:

​•​B1 and B2 (hands) on mat under shoulders

​•​B3 and B4 (knees) off mat, extended back with B5 and B6 (feet) grounded

​•​Body forms a straight line from head to heels

​•​Core engaged to minimise hip rotation

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Movement Sequence:

​1.​Pull B1 (Left Arm) – lift and tap the right shoulder (B2 side)

​2.​Push B1 – return hand to mat

​3.​Pull B2 (Right Arm) – lift and tap the left shoulder (B1 side)

​4.​Push B2 – return hand to mat

20 reps, 3 sets

C) Bear plank

https://youtu.be/VaoNT0BLTqw?si=QjDDnAG3wayscvpQ

•​Hands (B1 and B2) on the mat under shoulders

​•​Knees (B3 and B4) on mat under hips

​•​Toes (B5 and B6) tucked under

​•​Spine flat, head neutral, core engaged

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Movement Sequence:

​1.​Pull B3, B4 (Left, right Knees) together – lift slightly off the mat

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     2.   Hold – maintain knees 2–3 inches above the mat for 10–30 seconds

  3.   Push B3, B4 (Left, right Knees) together  – return knee to mat

3–5 rounds, hold each for desired duration

D) Mountain climbers

https://youtu.be/wrn1Cm\_yfEU?si=aDzWdz5gSeclwm4h

Starting Position:

​•​High plank position:

​•​B1 and B2 (hands) on mat under shoulders

​•​B5 and B6 (legs extended), toes on mat

​•​Core tight, spine neutral

Movement Sequence (Alternating Legs):

1. Pull B6 (right leg), with knee (right knee) flexed to chest

2. ⁠Push B6 (right leg),with knee (right knee) extended back

3. ⁠Pull B5 (left leg), with knee (left knee) flexed to chest

4. ⁠Push B6 (left leg), with knee ( left knee) extended back

Repetition:

​•​20–30 seconds for beginners

​•​40–60 seconds for advanced levels