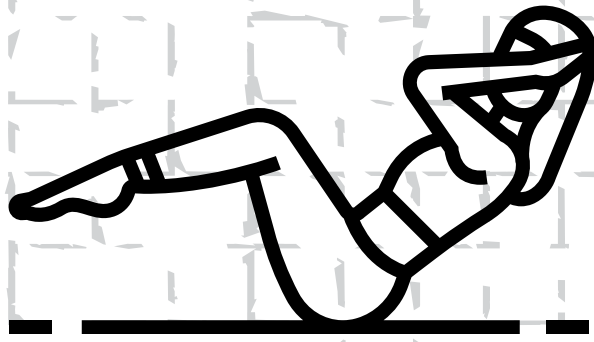


WEEK 5



# CORE HOME WORKOUT

Rongoā Kākāriki

**GREEN**  
PRESCRIPTION

## Core home workout

17 min · Abs, Arms, Back, Legs

Get that core working - heres a goodie. These can be done as one giant set or break it down into supersets. Remember to add a warm up and cool down

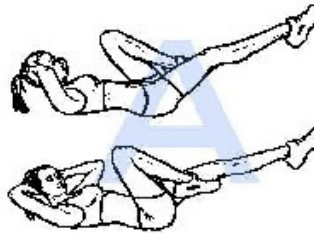
### Alternate Heel Touchers



2 sets 10 secs

Superset A1

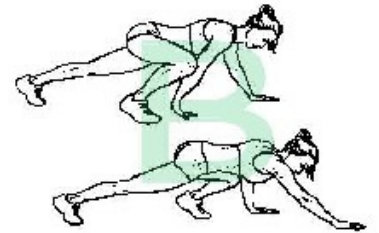
### Bicycles



2 sets 10 secs

Superset A2

### Bear Crawls

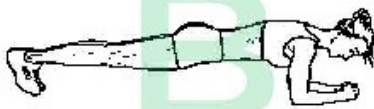


1:00  
rest

2 sets 10 reps

Superset B1

### Plank

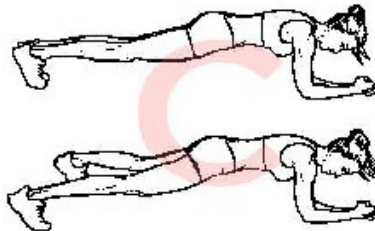


1:00  
rest

2 sets 10 reps

Superset B2

### Plank Jacks



2 sets 10 reps

Superset C1

### Inchworms



1:00  
rest

2 sets 10 reps

Superset C2

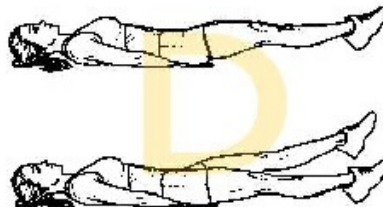
### Cross Body Mountain Climbers



2 sets 10 reps

Superset D1

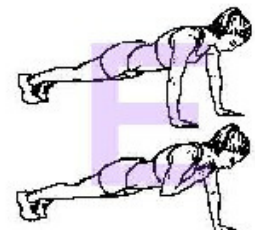
### Flutter Kicks



2 sets 10 reps

Superset D2

### Plank Shoulder Taps

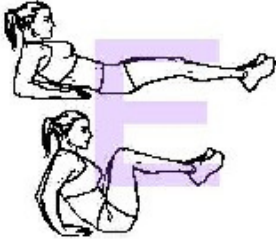


1:00  
rest

2 sets 10 reps

Superset E1

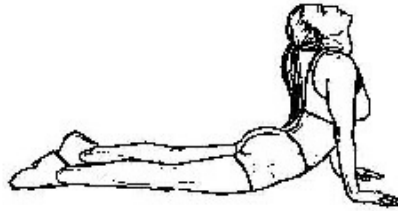
**Leg Pull-In Knee-ups**



**2 sets 10 reps**

**Superset E2**

**Cobra Abdominal Stretch**



**1:00**  
rest

**3 sets 45 secs**

## Alternate Heel Touches / Lying Oblique Reach

Primary muscle group(s):

**Obliques**

Secondary:

**Abs**

Lie on an exercise mat, with your back flat, knees bent and your feet flat on the floor slightly wider than shoulder-width apart.

Fully extend your arms down the side of your body, palms facing in. This is the start position.

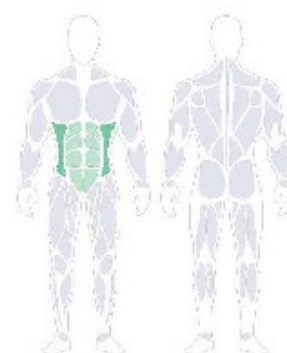
Exhaling, crunch your torso forward and to the right until you can touch your right heel with your right hand. Hold for a count of one.

Return to the starting position smooth motion, inhaling as you do so.

Repeat the movement, this time to your left side.

When you have completed the movement on both sides, you have done one repetition.

Repeat



## Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches

Primary muscle group(s):

**Abs, Obliques**

Secondary:

**Glutes & Hip Flexors, Quadriceps**

Lie flat on an exercise mat on the floor keeping your lower back straight with no arching of your spine and with your knees bent and feet flat on the floor.

Place your hands lightly on the sides of your head.

Curl your torso upwards so your shoulders are slightly raised off the floor..

Raise your knees until your thighs are at a right angle to the floor and your calves are parallel to the floor. This is the start position.

Slowly move your legs in a pedaling action as if you are riding a bicycle.

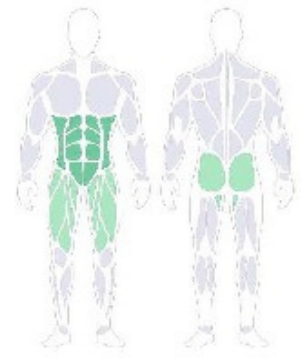
As you do so, exhale and bring your opposing elbow close to each knee by crunching to one side. Left elbow to right knee. Right elbow to left knee.

After each crunch, return to the start position inhaling as you do so.

Without pausing, repeat the movement to the other side.

Repeat without pausing for the desired number of repetitions to each side.

⚠ Do not use your hands to pull your head and neck up during this exercise. Doing so may cause injury. Concentrate on a slow rhythmic cycle from side to side with perfect form for each repetition.



## Bear Crawls

Primary muscle group(s):

**Abs, Shoulders**

Secondary:

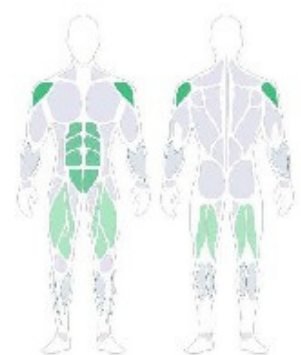
**Calves, Forearms, Hamstrings, Quadriceps**

Come to the ground, placing your knees below your hips and your hands below your shoulders. Elevate your hips up, extending your legs and arms. Keep the head in a neutral position.

Move the right hand forward as you simultaneously move the left foot forward.

Afterwards, move the left hand and right foot forward.

Continue in this back and forth pattern, always moving the opposite hand and foot. Remember to brace the core throughout the movement.



## Plank

Primary muscle group(s):

**Abs**

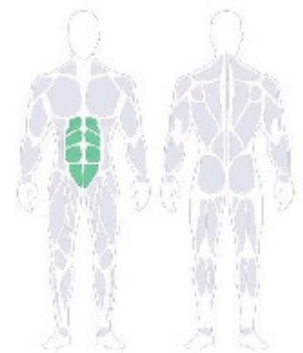
Get into a face down position on the floor supporting your upper body on your forearms. Your elbows should be bent at 90 degrees.

Extend your legs straight out behind you, supporting them on your toes and balls of your feet.

Keep your body in a straight line by tightening your abdominal and oblique muscles.

Hold for as long as possible.

 For extra balance training and core strengthening, you can lift one arm or leg.



## Plank Jacks / Extended Leg

Primary muscle group(s):

**Abs, Glutes & Hip Flexors**

Secondary:

**Lower Back**

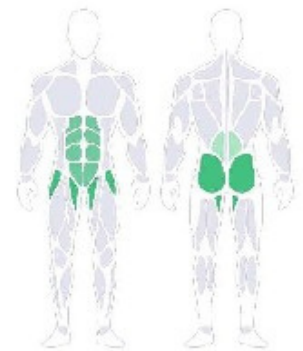
Get into a pushup position with hands under shoulders and body straight from head to toes.

Engage your core and bend your elbows, keeping them in towards the body.

Lower your body towards the floor.

Straighten your arms and quickly jump the feet forward to outside of the hands.

Jump back to starting position.





## Inchworms / Walkouts

Primary muscle group(s):

**Abs, Glutes & Hip Flexors, Lower Back**

Secondary:

**Biceps, Calves, Chest, Forearms, Shoulders**

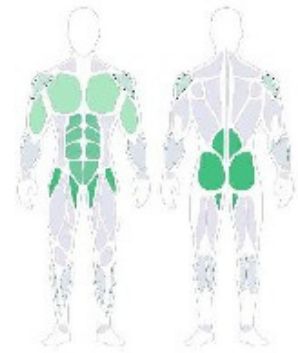
Stand tall with your legs extended straight.

Bend over from the hips and touch the floor with your palms flat on the floor.

Keep your legs straight as you walk your hands as far forward as you can. Don't let your hips sag.

Take small steps and walk your feet to your hands.

Continue for the desired amount of repetitions and then straighten up to the starting position.



## Cross Body Mountain Climbers

Primary muscle group(s):

**Obliques**

Secondary:

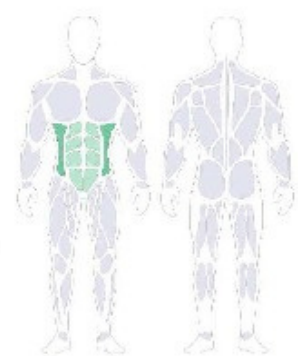
**Abs**

Assume a push-up position. Core is tight. Back is flat. Hands are underneath the shoulders. Head is in neutral position.

Bring one knee up towards your chest and twist towards the opposing elbow. (Ex: Right knee to left elbow.)

Contract the core and return the leg to the starting position.

Alternate between legs.



## Flutter Kicks

Primary muscle group(s):

**Abs**

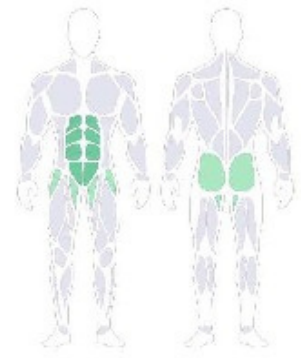
Secondary:

**Glutes & Hip Flexors**

Lie on a mat with your hands under your buttocks and raise your legs slightly, keeping knees straight and ankles together.

Keep abs engaged and perform short kicks in an alternating fashion.

Repeat as needed and then lower legs to the ground.



## Plank Shoulder Taps / Planks

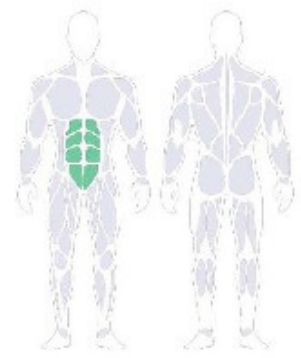
Primary muscle group(s):

**Abs**

Lock yourself in the plank push-up position ensuring that your body forms a straight line from shoulders to heels.

Bring your right arm off the ground and touch your left shoulder before placing it back on the ground.

Repeat the same movement for the opposing arm.



## Leg Pull-In Knee-ups

Primary muscle group(s):

**Abs**

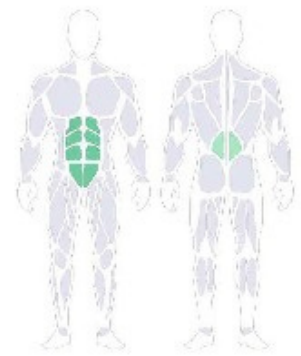
Secondary:

**Lower Back**

Lie flat with hands under your buttocks.

Keep your knees together and pull them in towards you while moving your torso towards them (lift your head, neck and shoulders up).

Hold and then slowly return to starting position.





## Cobra Abdominal Stretch / Old Horse Stretch

Primary muscle group(s):

**Abs**

Secondary:


**Lower Back**

Lie face down with your hands under your shoulders.

Point your feet downwards to lengthen your spine.

Slowly push your torso up as far as you comfortably can – try to get your hips to rise off the floor slightly.

Hold the stretch and then lower down to starting position.

 Avoid this stretch if you have back problems.

