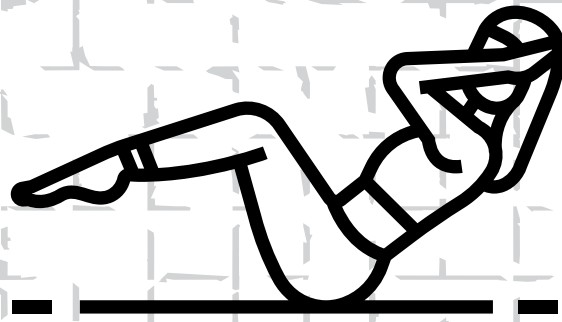


WEEK 3



STRAIGHT TO THE CORE

Rongoā Kākāriki

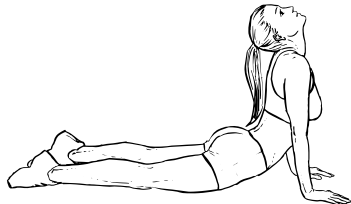
GREEN
PRESCRIPTION

Straight to the Core!

34 min · Abs, Arms, Back

Let's add some extra reps to today's exercise. The more the merrier, especially for your core. Consider each rep as a personal gift to your loving core, it will thank you later. Don't forget your water and your bad-ass attitude.

Cobra Abdominal Stretch

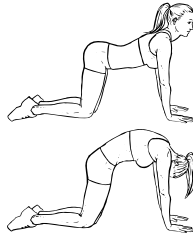


0:30
rest

2 sets 30 secs 20 sec rest

Hover those knees from the ground for the first 15 seconds, and then push back a little further.

Backward Camel Stretch

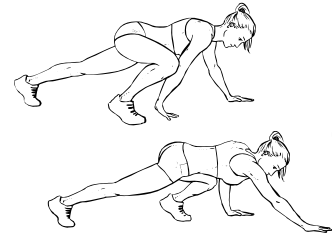


0:30
rest

2 sets 12 reps 30 sec rest

Flex and extend that spine!

Bear Crawls

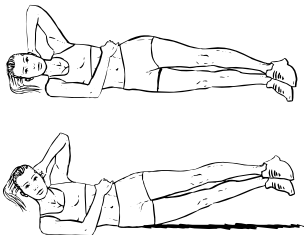


0:30
rest

3 sets 22 reps 45 sec rest

Stride like a predator on the prowl. You're unstoppable.

Double Side Jackknives

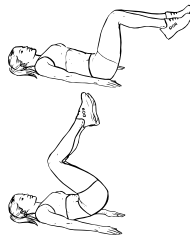


0:30
rest

4 sets 14 reps 45 sec rest

2 sets per side! Rest for less time if you can!

Reverse Crunch

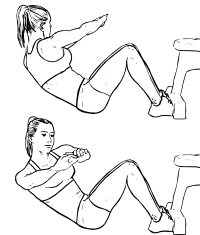


0:30
rest

2 sets 14 reps 30 sec rest

Bring those legs up using only your lower abs, keep your hands nice and grounded.

Russian Twists

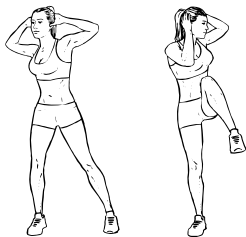


0:30
rest

2 sets 32 reps 30 sec rest

16 Russian twists per side per set!

Standing Cross-body Crunches



0:30
rest

2 sets 45 secs 30 sec rest

This one will certainly get the blood flowing, especially with only 30 seconds of rest!

Knee-to-Chest Lower Back Stretch

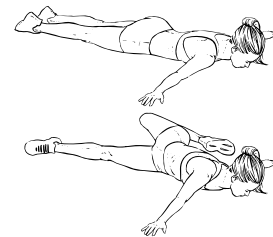


0:30
rest

4 sets 30 secs 20 sec rest

And finally stretch out that lower back, release the tension.

Scorpion Stretch



0:30
rest

2 sets 30 secs 20 sec rest

Twist it up. You are the toughest pretzel I know.

Cobra Abdominal Stretch / Old Horse Stretch

Primary muscle group(s):

Abs

Secondary:

Lower Back

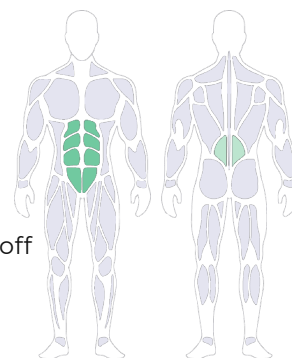
Lie face down with your hands under your shoulders.

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.



Cat Back / Backward Camel Stretch

Primary muscle group(s):

Lower Back

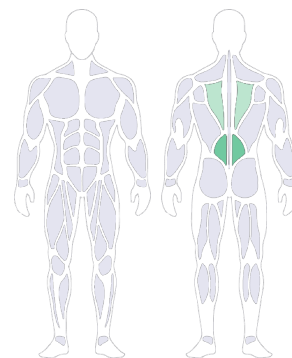
Secondary:

Upper Back & Lower Traps

Kneel on a mat with your hands and knees shoulder-width apart.

Pull your abs in, hunch your back up and flex your spine.

Hold the stretch and then release to the starting position.



Bear Crawls

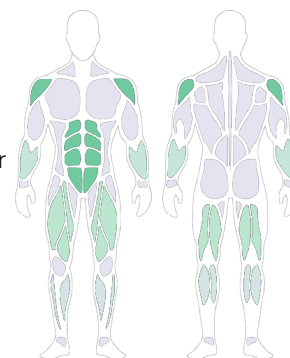
, Shoulders

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.



Double Side Jackknives

Primary muscle group(s):

Abs, Obliques

Secondary:

Glutes & Hip Flexors

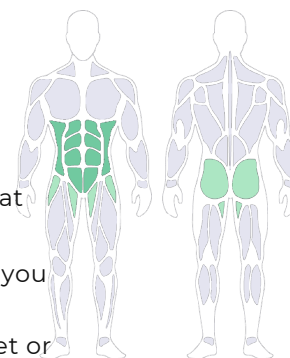
Bring yourself to the ground and lie on your left side. Be sure to stack your feet.

Place your left hand on your side while raising your right arm above your head so that the elbow is pointing towards the sky.

Focusing all of the tension and contraction in the obliques, bring your feet up while you raise your upper body. Lead with the right elbow.

Hold the contraction and slowly return to the starting position. Do not allow your feet or shoulder to touch the ground.

Repeat.



Reverse Crunch

Lie flat on an exercise mat on the floor.

Extend your legs fully and place your hands palms down, flat on the floor beside you.

Keeping your feet together, draw your knees up towards your chest, until your thighs are at 90 degrees to the floor and your calves are parallel to it. This is the start position.

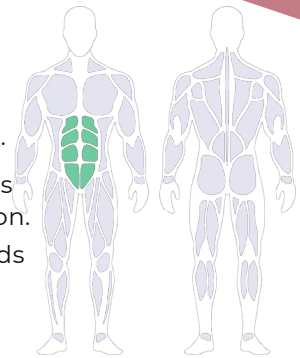
As you inhale, curl your hips up off the floor while bringing your knees further towards your chest.

Continue the movement until your knees are touching your chest, or as far as comfortable.

Hold for a count of one.

In a controlled movement, return your legs to the start position, exhaling as you do so.

Repeat.



Russian / Mason / V-Sit Twists

Primary muscle group(s):

Abs

Secondary:

Lower Back

Lie on an exercise mat and place your feet under something that will not move or ask a spotter hold them down for you. Keep your knees bent.

Raise your upper body from the mat to form V-shape with your thighs.

Keep your arms fully extended in front of your chest, clasping your hands together. This is the start position.

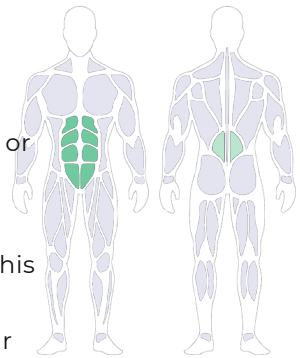
In a smooth motion, twist your upper body to the right until you feel a stretch in your back and sides. Keep your arms parallel to the floor and exhale as you do this. Hold for a count of one and inhale.

Return to the start position while breathing out.

Repeat the movement, this time to the left side of your body.

Repeat.

As your strength increases, you can hold a weight plate or medicine ball in front of you to increase resistance and engage other muscle groups.



Standing Cross-body Crunches

Obliques

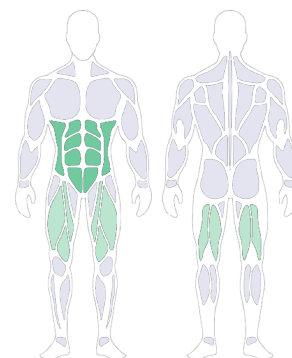
Hamstrings, Quadriceps

Standing up straight, bring your hands behind your head so that your elbows are pointed to the sides.

Twisting your body, bring your left elbow down and across your body. At the same time, raise your right knee up and across to meet the left elbow.

Return to the starting position.

Repeat on the other side and continue alternating.



Knee-to-Chest Lower Back Stretch

Primary muscle group(s):

Lower Back

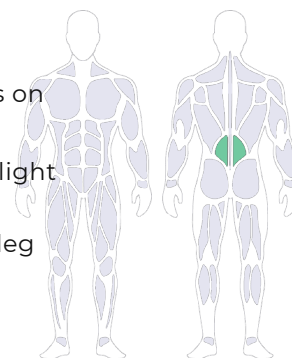
Lie on your back on a mat with your legs extended in front of you and backs of heels on the floor.

Grab hold of your right knee and gently pull it up to your chest until you can feel a slight stretch in your lower back.

Try to bring the knee as close to your chest as is comfortable while keeping the left leg relaxed.

Hold the stretch and then release the leg to starting position.

Repeat with the left leg.



Scorpion Stretch

Lower Back

Glutes & Hip Flexors

on a mat or soft surface.

Place your hands at your sides for balance.

Keeping your shoulders touching the ground, raise the left foot straight up into the air.

Bend at the knee and bring your left foot over to your right side. Tap the ground with your toes.

Return the left leg to the ground and repeat on the other side.

