




THE 4 CORES		
<p align="center"><u>1. Plank leg lifts</u></p> <p>Assume pushup position, keep your hands shoulder-width, and keep your shoulders, hips and ankles lined up together. Raise RIGHT leg off floor until it reaches hip height, 10-12" off the floor, lower it until toes almost touch the ground.</p> <p>Key Factors: Be mindful the leg and heel are travelling straight up and down. Go SLOW. Pay close attention to the core and hips. Minimize hip rotation or any break in form.</p>	<p align="center">10 R 10 L</p>	<p align="center">Plank with Leg Lifts</p> 
<p align="center"><u>2. Side Plank leg lifts</u></p> <p>Start in side plank position, straight arm with palm under shoulder, feet stacked on top of each other. Make sure shoulder, hip and ankles are in a straight line. Keeping your torso stable, lift the top leg higher than the hip about 10-12". Lower leg until it almost touches before raising it again.</p> <p>Key Factors: Be mindful the leg and heel are travelling straight up and down. Try not to let the hips rotate or sag. Minimize hip rotation or any break in form.</p>	<p align="center">10 R 10 L</p>	<p align="center">NO IMAGE AVAILABLE (Same as Elbow Side Plank with fully extended arm)</p>
<p align="center"><u>3. Elbow Plank leg lifts</u></p> <p>Assume pushup position, with your body resting on the forearms and the elbows bent under the shoulder. Keep shoulders, hips and ankles lined up together. Raise RIGHT leg off floor until it reaches hip height, 10-12" off the floor, lower it until toes almost touch the ground.</p> <p>Key Factors: Be mindful the leg and heel are travelling straight up and down. Go SLOW. Pay close attention to the core and hips. Minimize hip rotation or any break in form.</p>	<p align="center">10 R 10 L</p>	<p align="center">Forearm Plank with Leg Lifts</p> 
<p align="center"><u>4. Elbow Side Plank leg lifts</u></p> <p>Start in elbow side plank position, straight arm with palm under shoulder, feet stacked on top of each other. Make sure shoulder, hip and ankles are in a straight line. Keeping your torso stable, lift the top leg higher than the hip about 10-12". Lower leg until it almost touches before raising it again.</p> <p>Key Factors: Be mindful the leg and heel are travelling straight up and down. Pay close attention to the core and hips. Minimize hip rotation or any break in form.</p>	<p align="center">10 R 10 L</p>	<p align="center">Side Plank with Leg Lift</p> 

Beginner (Getting Started): Hold all 6 positions for 45 seconds each (If you can NOT do more than two (2) lifts without breaking form you are a beginner)

Intermediate (Still have some work to do): 5 reps of each exercise and then hold position for additional 20 seconds (4 to 5 reps of good form before break down in form is intermediate)

Good (Not Bad): Perform all exercises maintaining good form and control

Grand Master: Available by approval only