



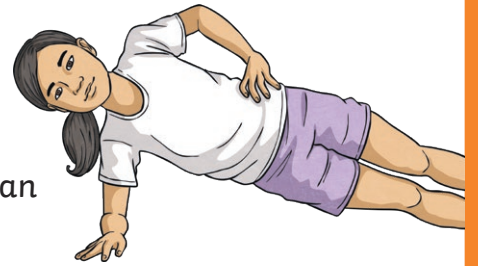
Equipment

- Stopwatch or timers
- Mats

Activity

- Set a stopwatch or timer for one minute each time you start an exercise. Rest for a count of 20 in-between each exercise.
- Begin in a sitting position on a mat with your legs to one side. Then, lean down and to the side to place your forearm on the mat perpendicular to your body and with your elbow directly underneath your shoulder.
- Stretch out your legs, stack one foot on top of the other and lift your hip off the mat, keeping your body in a straight line.
- Place your other hand on your hip. Now, lower your hip back towards the mat (without resting it down) and then bring it back up again. Continue the side plank lift exercise for one minute, keeping each lift smooth and controlled.

In the next repetition of the exercise, work on the other side of your body.



Equipment

- Stopwatch or timers
- Mats

Activity

- Set a stopwatch or timer for one minute each time you start an exercise. Rest for a count of 20 in-between each exercise.
- Lie on a mat with your legs stretched out and together and your arms down by your sides. Use your tummy muscles to lift your body and legs up to create a V-shape. At the same time, lift your arms up and hold them out alongside your legs for balance. Lower your body and legs back down in a controlled manner. Keep repeating the V-sits for one minute.

Make sure you don't strain your neck. Keep your tummy muscles tight, your back flat and your shoulders relaxed.

