

Core Workout: Hips and Lower Abs

For your Safety:

We are excited that you have decided to download and enjoy this workout.

Please read the entire written description that accompanies the program very carefully before starting and always use common sense and good judgment. Remember to always consult with your physician prior to starting any exercise program. If you have any questions about how to complete this work out safely, please find a Falcon Fitness Center employee.

There is an inherent risk to any exercise program. By downloading and using this workout, you acknowledge and agree that you are doing so voluntarily and agree that you will not hold Messiah College or the Falcon Fitness Center liable for any and all injuries.

Description:

1. This work out was designed for those who want to challenge two very important, and sometimes undertrained areas of the core, the hips and lower abs.
2. This is not a beginner workout. If you are new to exercise we suggest starting with the beginner core program and building up to this one.
3. Safety tip- It is incredibly important to keep your low back flat against the mat when you perform exercises that target the low back like a flutter kick, or stability ball leg raise. Never let your back arch when you lift your legs of the mat!

<u>CORE WORKOUT: HIPS AND LOWER ABS</u>	
Exercise*	Time or Reps
Flutter Kick	30 Seconds
Single Leg Hip Bridge on Stability Ball	10x Each Side – Hold 2-3 Seconds at the top
Reverse sit ups	10x
Monster Walk	30 seconds – Alternate direction every 5 steps
Stability Ball Leg Raise	10x



*Click on the exercises above to load demonstration videos!