

Strength Combo #1: Partial Crunch/Superman:

- 1) Partial Crunch
 - "Engage Your Core" (meaning, pull your belly button tight to your spine).
 - Gently roll your upper torso forward (breathing out in the process) until you can no longer go any higher.
 - Pause at the top of the movement keeping your stomach "sucked" in and your lower back pressed into the floor (feel tension in your abdominal muscles); slowly return to the start position.
 - Repeat for 10 repetitions.
- 2) Superman
 - Lie on your stomach, slowly tighten the muscles in your lower back, glutes and upper hamstrings.
 - Lift your head, chest and upper thighs off the floor.
 - Pause at the top of the movement (feel tension in the mid back, low back, glutes and upper hamstrings); slowly return to the starting position.
 - Repeat for 10 repetitions.
 - To make it more challenging extend your arms above your head.

