



15 Minute Workout: Core

1. Lie on your stomach on a stability ball with your hands and feet on the floor.
2. Keeping your shoulders directly above wrists, extend your right leg up to hip height and your left arm out in front to shoulder height. Hold for five seconds.

Tip: Keep your shoulders and torso square to the floor.

3. Return to neutral position.
4. Repeat with left leg. Continue alternating legs 10 to 15 times (repetitions).

Tip: If this is too difficult, raise just your leg or your arm.



1. Lie on your stomach on a stability ball with your hands and feet on the floor.
2. Walk your body out on your hands until your knees are resting on the ball.
3. Keeping your shoulders directly above your wrists, bring your knees in toward your chest and slightly lift your hips up.
4. Return to starting position.

Repeat for 10 to 15 repetitions.



1. Sit on your stability ball with your feet flat on the floor.
2. Extend your left leg straight in front of you 8'' to 10'' off the ground.
3. With your leg extended, bring your arms out to the sides, parallel to the floor.
4. Hold this position for five seconds, sitting tall and tightening your core.
5. Return to neutral position.
6. Repeat with your right leg.

Alternate legs for 10 to 15 repetitions.



1. Lie on your back on a mat. Extend your legs and hold with a stability ball between your feet.
2. Place your hands under your hips to support your lower back.
3. Raise your legs to the ceiling keeping the ball between your feet.
4. Slowly lower your legs until they almost touch the floor.

Repeat for 10 to 15 repetitions.

