



3 core exercises that aren't crunches

Planks and crunches are key ab workouts, but here are some that involve other movements. These simple yet effective core moves require no equipment and can be done practically anywhere.

Complete two sets of 12 movements for each exercise, with 10 seconds off between.

Supermans

- Lie face-down on the floor with your arms extended in front of your body and your legs extended behind your body
- In one swift movement, engage your glutes and lower back to raise your arms, legs and chest off the floor
- Hold for a few seconds before slowly returning to the starting position for one rep

Side hip raises - both sides

- Begin on your side with your forearm flat on the floor, your bottom elbow directly under your shoulder and both legs extended
- Your feet can either be staggered for stability or stacked for more of a challenge
- Engage your core and lift your hips off the floor, forming a straight line from your head to your feet
- Pause at the top of this movement before lowering your hips back down to the starting position for one rep

Swimmers

- Begin lying on your back with your legs extended and your hands placed gently under your lower back
- Draw your belly button towards your spine, exhale and lift your legs slightly off the ground
- Flutter your feet quickly without touching the floor for 15 seconds time

A strong core has many benefits, including improved balance, posture, and stability. It can also help prevent injuries and make everyday tasks easier.

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