

## Tuesday Challenge

### Session 6

Wow session 6 already!

Your session this week is to focus on your core strength exercises.

1. Sit on floor legs out stretched. Try and keep back and tummy muscles tight as you raise left leg approx. 5 cms off the ground. Do not use your arms, they should be either folded or stretched in front of you. Hold for 10 secs
2. Repeat but with right leg
3. Repeat raising both legs, again only 5 cms off the ground. You may need to put arms out to hold your balance.
4. Get in to a crab position. Make sure tummy is flat, not curved. Hold for 10 secs. To extend this try placing a ball on your tummy
5. In crab position move sideways – tummy flat. Can you balance a ball whilst moving??
6. Stand on right leg, body straight. Hold for 30 secs. Repeat on left leg
7. Hold a plank position for 30 secs
8. The Sprinter – Lie on your back with hands by your side, legs straight with heels slightly raised off the ground. As you start to sit up raise your left arm with elbow bent, so it resembles a sprinters arm (thumb to eye) Raise your right knee towards your chest. Return to starting position and repeat with opposite arm and leg. Repeat a maximum of 5 times.

As with all your challenges please remain in a safe space at all times with your adult.

Have fun and stay safe, Jo x