

Core Strengthening Exercises for Teens & Adults

Knee Plank

Hold for, Do 3-5 times



Downward Dog

Hold for 20, Do 3-5 times



Weighted Ball Pass

20 times



Weighted Ball Press

20 times Slowly



Wall Sits

Hold for 10-20 seconds, Do 5 times



V-ups

Hold for 5-10 seconds, Do 5 times



Table Pose

Hold for 20, Do 3-5 times



Crab Kicks

20 times, Each leg



Be creative and make it fun.....Exercise with a friend.....A strong core will provide you stability to help improve your posture, postural endurance (sitting up long days at school), your fine motor skills (like handwriting!), and improve your higher gross motor skills to participate with peers in P.E. and/or athletics. LDelamarter@brownsburg.k12.in.us