

**Module 4: Personal Fitness Plan**  
**Topic 6 Content: Core Exercises Notes**

**Introduction**



Core Exercises

Click **NEXT** to begin.

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**Instructions**

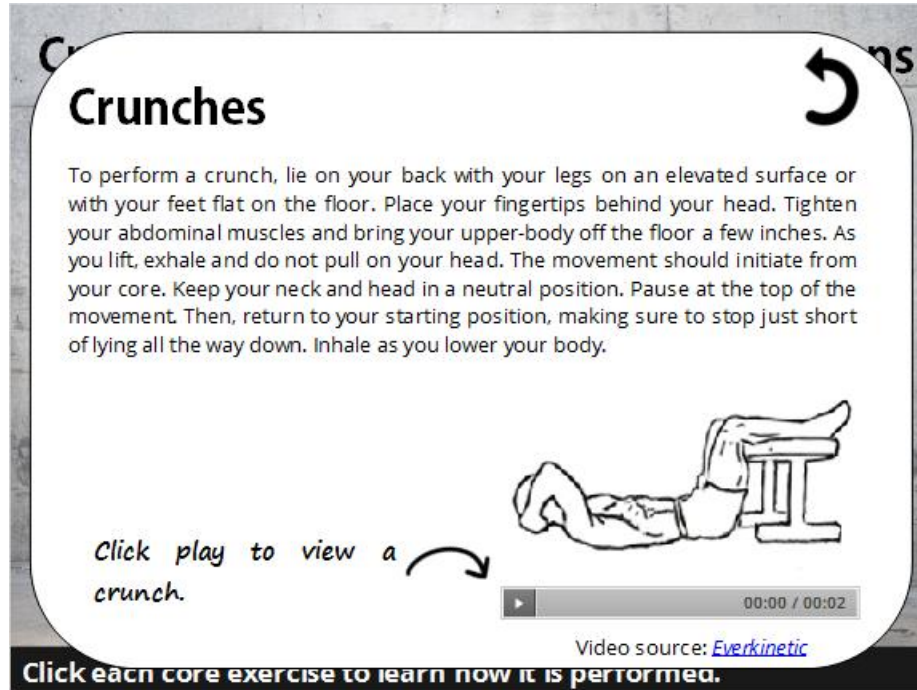


Core strength helps to support the spine and pelvis while increasing your balance and stability. In this interactivity, click each core exercise to learn how it is performed.

## Module 4: Personal Fitness Plan


### Topic 6 Content: Core Exercises Notes


#### Crunches



**Crunches**

To perform a crunch, lie on your back with your legs on an elevated surface or with your feet flat on the floor. Place your fingertips behind your head. Tighten your abdominal muscles and bring your upper-body off the floor a few inches. As you lift, exhale and do not pull on your head. The movement should initiate from your core. Keep your neck and head in a neutral position. Pause at the top of the movement. Then, return to your starting position, making sure to stop just short of lying all the way down. Inhale as you lower your body.

Click play to view a  crunch.



00:00 / 00:02

Video source: [Everkinetic](#)

**Click each core exercise to learn how it is performed.**

To perform a crunch, lie on your back with your legs on an elevated surface or with your feet flat on the floor. Place your fingertips behind your head. Tighten your abdominal muscles and bring your upper-body off the floor a few inches. As you lift, exhale and do not pull on your head. The movement should initiate from your core. Keep your neck and head in a neutral position. Pause at the top of the movement. Then, return to your starting position, making sure to stop just short of lying all the way down. Inhale as you lower your body.


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#### Cross Crunches

### Cross Crunches

To perform a cross crunch, lie on your back with your legs bent and your feet flat on the floor. Place your fingertips behind your head. Tighten your abdominal muscles and bring your upper-body off the floor a few inches and twist your shoulder (not your elbow) toward your knee. Make sure to exhale as you lift and do not touch your knee with your elbow. Pause at the top of the movement. Then, return to your starting position, making sure to stop just short of lying all the way down. Inhale as you lower your body. Switch and perform the movement toward the other side.



Click play to view a cross crunch.

00:00 / 00:02

Video source: [Everkinetic](#)

Click each core exercise to learn how it is performed.

To perform a cross crunch, lie on your back with your legs bent and your feet flat on the floor. Place your fingertips behind your head. Tighten your abdominal muscles and bring your upper-body off the floor a few inches and twist your shoulder (not your elbow) toward your knee. Make sure to exhale as you lift and do not touch your knee with your elbow. Pause at the top of the movement. Then, return to your starting position, making sure to stop just short of lying all the way down. Inhale as you lower your body. Switch and perform the movement toward the other side.

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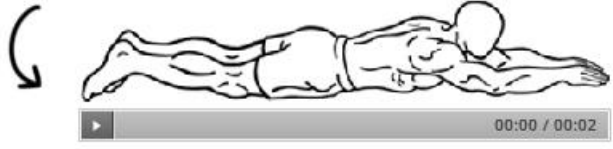
### Topic 6 Content: Core Exercises Notes

#### Supermans

### Supermans

To perform a superman, lie on your stomach with your arms and legs extended. Tighten your back muscles, and lift your legs and upper-body a few inches off the floor. Keep your neck and head in a neutral position. Pause at the top of the movement. Breathe out as you lift. Then, return to your starting position, making sure to stop just short of lying all the way down. This will keep tension on your core muscles. Breathe in as you lower your upper body and legs.

*Click play to view a superman.*



Video source: [Everkinetic](#)

**Click each core exercise to learn how it is performed.**

To perform a superman, lie on your stomach with your arms and legs extended. Tighten your back muscles, and lift your legs and upper-body a few inches off the floor. Keep your neck and head in a neutral position. Pause at the top of the movement. Breathe out as you lift. Then, return to your starting position, making sure to stop just short of lying all the way down. This will keep tension on your core muscles. Breathe in as you lower your upper body and legs.