



CRAP SESSION 2 – CORE

Warm Up

1. **Pelvic Tilts** - gentle rocking of the pelvis. Approx 20 – 30 reps increasing range slightly. Aim to flatten lower back on floor in each cycle.
2. **Double leg bridge** – squeeze glutes and engage core. 2-3 sets of 10 reps.
3. **Single leg bridge** – use glutes, core and hamstrings to stabilise. 2-3 sets of 10 per leg (alternate legs between each set of 10)

Main Skills

4. **Flutter kicks** – raise torso and legs off ground and flutter kick for 20 seconds. Rest 30 – 60 seconds and repeat 3-5 times.
5. **Russian Twist** – Ensure core is supporting lower back. 20 reps (10 each side), repeat 2 -3 times.
6. **Side Planks (with threading)**- Static position – hold for minimum 20 seconds. Work up to 60 seconds. Rest 60 seconds. Swap sides and repeat 2-3 each side. With threading – aim for 8 – 10 reps each side with 60 seconds rest in between. 2 -3 repeats each side.
7. **Catch & pull single leg** – Balance and control through the catch and pull phase with opposite leg. 8-10 reps per side, repeat 2 -3 times.
8. **Ball crunches** – ensure lower back is flat and core engaged. Pull ball towards hands and back to starting position. Repeat 8-10 times. Rest 60 seconds between sets, repeat 2-3 times.

Cool Down / Stretching

9. **Streamline lunge** – set up correct position and hold for up to 60 seconds. Change legs. Repeat 3-4 times each side. Relax shoulders!!!
10. **Snow angels** – can be done on the floor or on a wall. Keep in contact with the surface at all times. 20 reps. Keep shoulders relaxed and core engaged (flatten lower back).

Work at your own pace and take rest between sets and between exercises. You can run through skills 4 – 8 in a circuit-style program working 1-2 sets of each skill through all skills and then return to the top of the main skills section.