

**LIFT**

## AT HOME CORE WORKOUT

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Thank you for choosing to do LIFT's at home core workout! We have included some much needed info for you to complete this workout and how often to do it.

### What you will need:

- Towel
- Water
- Band (light, medium or heavy depending on level and preference)

### How often do I do this work out?

- Beginners 2-3 times a week
- Intermediate 3-5 times a week
- Advanced 5-7 times a week

\* As you feel fitter and stronger please feel free to bump yourself up to intermediate or advanced depending on the level you started.

If you loved the workout and would like to come in to see us at our beautiful boutique studio in Port Moody just mention that you have been using our at Home Workout and **receive one complimentary one on one session and 10% off your first package!**

**LET'S GET STARTED!!!**

## 1. CROSS HOLD DEAD BUG X15/SIDE



\*Start on your back with legs at 90 degrees

\*Place your right hand on your left knee, extend your right leg in and out

\*stay connected to your core

\*Pull your bellybutton to your spine

\*repeat on opposite side

## 2. SUPERMAN ON STOMACH X 20 ALTERNATING



\*On your stomach alternate contra lateral arm and leg lift

### 3. HIP BRIDGE WITH ADDUCTOR SQUEEZE X20

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- \*lying on your back, place feet below knees with legs bent
- \*place a pillow/towel/block/ball between your legs
- \*exhale and lift your hips off the ground, squeeze prop
- \*lower hips down
- \*repeat

### 4. FIRE HYDRANTS WITH BAND X10/SIDE

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- \*on all fours, engage your core
- \*keep big toes touching,
- \*pivot hips open,
- \*squeeze glutes

## 5. DONKEY KICKS WITH BAND X15/SIDE

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\*on all fours, engage core by pulling your bellybutton to your spine in a scoop motion

\*extend leg out behind you pressing through your heel, squeeze glutes

\*Slowly bring leg back and repeat

## 6. SIDE LEG LIFTS WITH BAND X15/SIDE

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\*Lying on your side slowly lift top leg and engage hip and lower back down

## 7. CLAM SHELLS ON WALL WITH BAND ABOVE KNEES X15/SIDE



\*Lie with your back against the wall and knees at 90°, heels and feet flat on wall  
\*keep big toes together and open hip

## 8. ALTERNATING DEADBUGS X20



\*lie on your back with legs bent at 90 degrees, knees stacked over hips  
\*alternate by extending right arm/left leg and then switch opposite sides

## 9. PLANK 30 SECONDS X3

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**Beginner**

**Intermediate/Advance**

\*kneeling if beginner, engage glutes, core and legs.

\*On toes if intermediate or advanced  
Hold 30 sec x3

## 10. BIRD DOG X20 ALTERNATING

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\*Start on all fours, engage your core

\*alternate extending right arm left leg away from body, alternate sides

## 11. KNEELING SQUAT WITH ARM DRIVE X20



- \*Start in kneeling position
- \*engage your glutes and thrust hips upwards
- \*Drive arms from overhead into centre chest and exhale

## 12. ALTERNATING LOWER AB TOE TAPS X50



- \*lying on your back, pull knees as tightly into chest as possible
- \* Point your toes and tap to the floor as close to your hips as you can
- \*Stay focussed on your lower abs the space between your navel and pubic bone
- \*Pull your bellybutton in towards your spine in a scooping motion

## 13. HIP BRIDGE WITH OVERHEAD ARM PULL X12



- \*Lying on your back, knees bent with feet beneath knees
- \*Have arms raised over head, as you lift your hips draw arms to navel and exhale
- \*Replace hips and arms and repeat

Way to go you have completed the LIFT at Home Core Workout!!!! We hope you are sweating and smiling and ready to do it again soon! Woohoo we are proud of you! Tag us in a video or picture of the aftermath of the workout we would love to hear from you! #liftmoments

**[LIFT Facebook](#)**

**[LIFT Instagram](#)**

Here's a link for the video of LIFT's at Home Workout:

**[LIFT at Home Workout](#)**