

Best Exercises for **Core Stability**



1 Cat and Camel



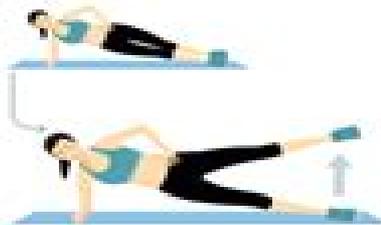
2 Pelvic Bridge



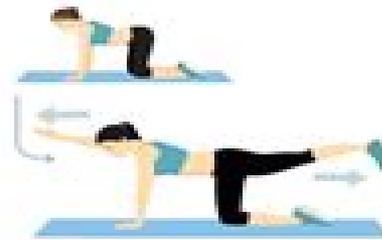
3 Partial curls



4 Planks



5 Side planks



6 Leg & Arm Raise

INSTRUCTIONS:

↻ 5 Repeat 5 Times

⌚ 5 Hold for 5 Seconds

⛔ Stop at any point of Discomfort

Core Stability

A Gutmann



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