



WELLNESS

PHYSICAL · MENTAL · SOCIAL

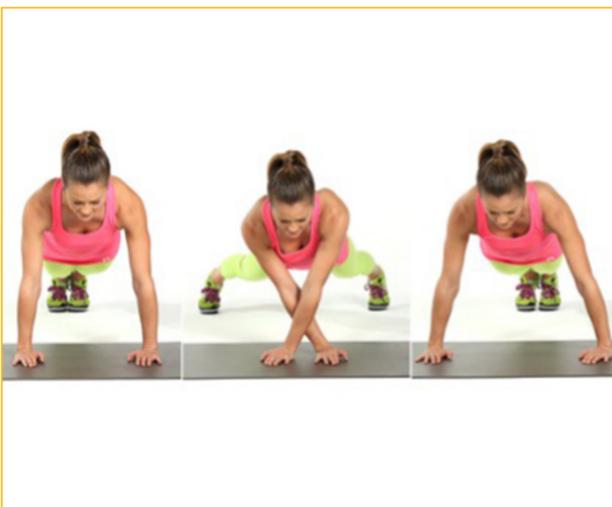
GEHA



CORE & BALANCE EXERCISES



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LATERAL PLANK WALK

This move will challenge your core and define your deltoids, shaping your shoulders.

- Begin in plank position with your hands underneath your shoulders, and your body in one straight line.
- Simultaneously cross your right hand toward the left as you step your left foot out to the left. Then simultaneously step your left hand and right foot to the left, returning to the plank position. Your hands move together as your feet step apart. Take two more steps in this direction, keeping your abs pulled toward your spine and your pelvis level. This completes one rep.
- Reverse directions taking three steps the right.
- Do 15 reps in each direction to complete one set.



PUSH-UP AND ROTATE

Add a twist to your basic push-up to work your waist even more — rotation never felt so good.

- Begin in a plank position with your feet in line with your hips.
- Lower your body toward the floor, then push through your arms returning to plank.
- Twist to the left, reaching your left arm to the ceiling without letting your pelvis raise or lower.
- Return to plank position, bringing your hand back to the floor. Complete another push-up and twist to the right. This completes one rep, and 15 reps completes a set.



REVERSE PLANK BRIDGE

This move is the ultimate booty burner, and it gets the triceps nicely too.

- Begin seated with your hands behind you with your fingers pointed away from you.
- Press the heels of your feet and hands into the ground as you raise your pelvis off the floor until it is in line with your shoulders and knees.
- Lower your pelvis back to the ground to complete one rep.
- Do 15 reps.



SINGLE-LEG BALANCE TOUCH

This exercise really works the deep glutes while challenging your core and sense of balance.

- Begin standing with arms overhead with all your weight on your left foot.
- Keeping your spine long, reach forward bending your left knee, and touch both hands to the ground. Keep your abs engaged to keep your torso stable.
- Lower your right leg down while lifting your torso, bringing your arms overhead to complete one rep.
- Do 15 reps on each side.



PLANK WITH CREEPY CRAWLER

Bringing the knee toward your elbow while holding the plank is an effective way to work the obliques and tone your muffin top.

- In a plank position, bring your left knee to your left elbow; then return the left leg back to plank position. Repeat this action on the right side to complete one rep.
- Do 15 reps to complete a set.