



[Diseases & Conditions](#) [Drugs & Supplements](#) [Treatment Decisions](#) [Healthy Living](#) [Ask a Specialist](#) [Health Tools](#) [Slide Shows](#) [Video](#)

[Home](#) [Log in](#) [Register now](#) [RSS](#) [XML](#)

 [SEARCH](#)

FITNESS

slideshow

slide show: Core exercises

Oct 31, 2007

[1](#) | [2](#) | [3](#) | [4](#) | [5](#) | [6](#) | [7](#) | [8](#) | [9](#) | [10](#) | [11](#) | [12](#) | [13](#)

[← PREVIOUS](#) | [NEXT →](#)



© Mayo Foundation for Medical Education and Research. All rights reserved.

Core exercises build abs and other core muscles

Core exercises strengthen your core muscles, including abs, back and pelvis. Why bother with core exercises? Strong core muscles make it easier to do most physical activities.

You can do core exercises on a carpeted floor or mat. Breathe freely and deeply during each exercise. Focus on tightening your deepest abdominal muscle — the transversus abdominis — during each exercise. This is the muscle you feel contracting when you cough.

Repeat each of the following core exercises five times. Gradually build up to 10 to 15 repetitions as your strength improves.

By Mayo Clinic Staff
Aug 24, 2007

© 1998-2007 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved. A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.com," "EmbodyHealth," "Reliable tools for healthier lives," "Enhance your life," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

SM00047

[About this site](#) ■ [Site help](#) ■ [Contact us](#) ■ [e-Newsletter](#) ■ [Site map](#)

[Privacy policy updated Oct 4, 2006](#)

[Terms and conditions of use updated Sep 20, 2007](#)

LEGAL CONDITIONS AND TERMS OF USE APPLICABLE TO ALL USERS OF THIS SITE. ANY USE OF THIS SITE CONSTITUTES YOUR AGREEMENT TO THESE TERMS AND CONDITIONS OF USE.

© 1998-2007 Mayo Foundation for Medical Education and Research. All rights reserved.



ACCREDITED

Enter e-mail address

[More Information](#)

ADVERT

Advertising and sponsorsi



[Diseases & Conditions](#) [Drugs & Supplements](#) [Treatment Decisions](#) [Healthy Living](#) [Ask a Specialist](#) [Health Tools](#) [Slide Shows](#) [Video](#)

[Home](#) [Log in](#) [Register now](#) [RSS](#) [XML](#)

[SEARCH](#)

FITNESS

slideshow

slide show: Core exercises

Oct 31, 2007

[1](#) | [2](#) | [3](#) | [4](#) | [5](#) | [6](#) | [7](#) | [8](#) | [9](#) | [10](#) | [11](#) | [12](#) | [13](#)

[PREVIOUS](#) | [NEXT](#)



Abdominal crunch

Abdominal crunches are a classic core exercise:

- Lie on your back and place your feet on a wall so that your knees and hips are bent at 90-degree angles. Tighten your abdominal muscles.
- Raise your head and shoulders off the floor. To avoid straining your neck, cross your arms on your chest rather than locking them behind your head. Hold for three deep breaths.
- Return to the start position and repeat.

By Mayo Clinic Staff
Aug 24, 2007

© 1998-2007 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved. A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.com," "EmbodyHealth," "Reliable tools for healthier lives," "Enhance your life," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

SM00047

[About this site](#) [Site help](#) [Contact us](#) [e-Newsletter](#) [Site map](#)

[Privacy policy updated Oct 4, 2006](#)
[Terms and conditions of use updated Sep 20, 2007](#)

LEGAL CONDITIONS AND TERMS OF USE APPLICABLE TO ALL USERS OF THIS SITE. ANY USE OF THIS SITE CONSTITUTES YOUR AGREEMENT TO THESE TERMS AND CONDITIONS OF USE.

© 1998-2007 Mayo Foundation for Medical Education and Research. All rights reserved.



Enter e-mail address

[More Information](#)

ADVERT

Advertising and sponsori



[Diseases & Conditions](#) [Drugs & Supplements](#) [Treatment Decisions](#) [Healthy Living](#) [Ask a Specialist](#) [Health Tools](#) [Slide Shows](#) [Video](#)

[Home](#) [Log in](#) [Register now](#) [RSS](#) [XML](#)

[SEARCH](#)

FITNESS

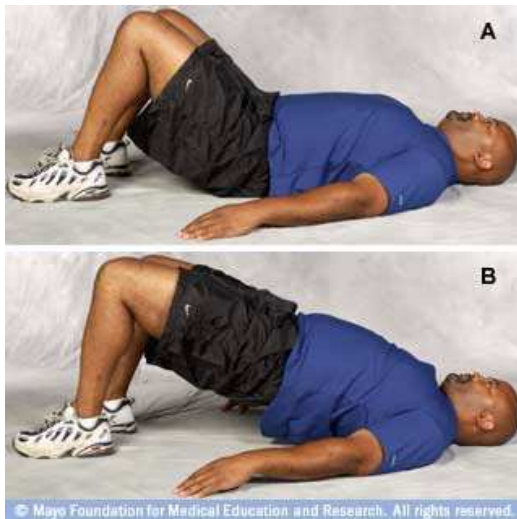
slideshow

slide show: Core exercises

Oct 31, 2007

[1](#) | [2](#) | [3](#) | [4](#) | [5](#) | [6](#) | [7](#) | [8](#) | [9](#) | [10](#) | [11](#) | [12](#) | [13](#)

[PREVIOUS](#) | [NEXT](#)



Bridge

To work various core muscles in combination, try a bridge:

- Lie on your back with your knees bent (A). Keep your back in a neutral position, not arched and not pressed into the floor. Avoid tilting your hips. Tighten your abdominal muscles.
- Raise your hips off the floor until your hips are aligned with your knees and shoulders (B). Hold for three deep breaths.
- Return to the start position and repeat.

By Mayo Clinic Staff
Aug 24, 2007

© 1998-2007 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved. A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.com," "EmbodyHealth," "Reliable tools for healthier lives," "Enhance your life," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

SM00047

[About this site](#) | [Site help](#) | [Contact us](#) | [e-Newsletter](#) | [Site map](#)

[Privacy policy](#) updated Oct 4, 2006

[Terms and conditions of use](#) updated Sep 20, 2007

LEGAL CONDITIONS AND TERMS OF USE APPLICABLE TO ALL USERS OF THIS SITE. ANY USE OF THIS SITE CONSTITUTES YOUR AGREEMENT TO THESE TERMS AND CONDITIONS OF USE.

© 1998-2007 Mayo Foundation for Medical Education and Research. All rights reserved.



Enter e-mail address

[More Information](#)

ADVERT

Fitr
made

Ste

Click

Advertising and sponsori



[Diseases & Conditions](#) [Drugs & Supplements](#) [Treatment Decisions](#) [Healthy Living](#) [Ask a Specialist](#) [Health Tools](#) [Slide Shows](#) [Video](#)

[Home](#) [Log in](#) [Register now](#) [RSS](#) [XML](#)

[SEARCH](#)

FITNESS

slideshow

slide show: Core exercises

Oct 31, 2007

[1](#) | [2](#) | [3](#) | [4](#) | [5](#) | [6](#) | [7](#) | [8](#) | [9](#) | [10](#) | [11](#) | [12](#) | [13](#)

[← PREVIOUS](#) | [NEXT →](#)



Single-leg abdominal press

The single-leg abdominal press is another popular core exercise:

- Lie on your back with your knees bent (A). Keep your back in a neutral position, not arched and not pressed into the floor. Avoid tilting your hips. Tighten your abdominal muscles.
- Raise your right leg off the floor so that your knee and hip are bent at 90-degree angles. Rest your right hand on top of your right knee (B).
- Push your hand against your knee while using your abdominal muscles to pull your knee toward your hand. Keep your arm straight. Hold for three deep breaths.
- Return to the start position and repeat using your left hand and left knee.

By Mayo Clinic Staff
Aug 24, 2007

© 1998-2007 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved. A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.com," "EmbodyHealth," "Reliable tools for healthier lives," "Enhance your life," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

SM00047

[About this site](#) [Site help](#) [Contact us](#) [e-Newsletter](#) [Site map](#)

[Privacy policy](#) updated Oct 4, 2006
[Terms and conditions of use](#) updated Sep 20, 2007

LEGAL CONDITIONS AND TERMS OF USE APPLICABLE TO ALL USERS OF THIS SITE. ANY USE OF THIS SITE CONSTITUTES YOUR AGREEMENT TO THESE TERMS AND CONDITIONS OF USE.

© 1998-2007 Mayo Foundation for Medical Education and Research. All rights reserved.



ACCREDITED

Enter e-mail address

[More Information](#)

ADVERT

Advertising and sponsori



Diseases & Conditions Drugs & Supplements Treatment Decisions Healthy Living Ask a Specialist Health Tools Slide Shows Video

Home Log in Register now RSS

 SEARCH

FITNESS

slideshow

slide show: Core exercises

Oct 31, 2007

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13

PREVIOUS | NEXT



Single-leg abdominal press variations

To work your core muscles more completely, try variations of the single-leg abdominal press:

- **Opposite hand on opposite knee.** Push your right hand against your left knee while pulling your knee toward your hand (A). You'll be pushing and pulling across the center of your body. Hold for three deep breaths. Repeat using your other hand and leg.
- **Hand on outside of knee.** Place your left hand along the side of your left knee (B). Use your hand to push your leg inward. At the same time, create resistance by pushing your knee away from the center. Hold for three deep breaths. Repeat using your other hand and leg.

By Mayo Clinic Staff
Aug 24, 2007

© 1998-2007 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved. A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.com," "EmbodimentHealth," "Reliable tools for healthier lives," "Enhance your life," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

SM00047

About this site Site help Contact us e-Newsletter Site map

Privacy policy updated Oct 4, 2006

Terms and conditions of use updated Sep 20, 2007

LEGAL CONDITIONS AND TERMS OF USE APPLICABLE TO ALL USERS OF THIS SITE. ANY USE OF THIS SITE CONSTITUTES YOUR AGREEMENT TO THESE TERMS AND CONDITIONS OF USE.

© 1998-2007 Mayo Foundation for Medical Education and Research. All rights reserved.



ACCREDITED

More Information

ADVERT

Advertising and sponsori

FITNESS

slideshow

slide show: Core exercises

Oct 31, 2007

[1](#) | [2](#) | [3](#) | [4](#) | [5](#) | [6](#) | [7](#) | [8](#) | [9](#) | [10](#) | [11](#) | [12](#) | [13](#)
[PREVIOUS](#) | [NEXT](#)


Double-leg abdominal press

When you're comfortable with the single-leg abdominal press, try the double-leg abdominal press:

- Lie on your back with your knees bent (A). Keep your back in a neutral position, not arched and not pressed into the floor. Avoid tilting your hips. Tighten your abdominal muscles.
- Raise your legs off the floor one at a time so that your knees and hips are bent at 90-degree angles. Rest your hands on top of your knees (B).
- Push your hands against your knees while using your abdominal muscles to pull your knees toward your hands. Keep your arms straight. Hold for three deep breaths.
- Return to the start position and repeat.

By Mayo Clinic Staff
 Aug 24, 2007

© 1998-2007 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved. A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.com," "EmbodyHealth," "Reliable tools for healthier lives," "Enhance your life," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

SM00047

[About this site](#) | [Site help](#) | [Contact us](#) | [e-Newsletter](#) | [Site map](#)

[Privacy policy](#) updated Oct 4, 2006

[Terms and conditions of use](#) updated Sep 20, 2007

LEGAL CONDITIONS AND TERMS OF USE APPLICABLE TO ALL USERS OF THIS SITE. ANY USE OF THIS SITE CONSTITUTES YOUR AGREEMENT TO THESE TERMS AND CONDITIONS OF USE.

© 1998-2007 Mayo Foundation for Medical Education and Research. All rights reserved.



[More Information](#)

ADVERT

**Fitr
made**
Ste

Advertising and sponsori

FITNESS

slideshow

slide show: Core exercises

Oct 31, 2007

[1](#) | [2](#) | [3](#) | [4](#) | [5](#) | [6](#) | [7](#) | [8](#) | [9](#) | [10](#) | [11](#) | [12](#) | [13](#)
[← PREVIOUS](#) | [NEXT →](#)


Double-leg abdominal press variations

To work your core muscles more completely, try variations of the double-leg abdominal press:

- **Opposite hands on opposite knees.** Place each hand on the opposite knee, toward the inside of the knee (A). Your arms will cross over each other. Push your hands against your knees while pulling your knees toward your hands. Hold for three deep breaths. Repeat.
- **Hands on outside of knees.** Place your hands along the sides of your knees (B). Use your hands to push your knees inward. At the same time, create resistance by pushing your knees away from the center. Hold for three deep breaths. Repeat.

© Mayo Foundation for Medical Education and Research. All rights reserved.

By Mayo Clinic Staff
 Aug 24, 2007

© 1998-2007 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved. A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.com," "EmbodyHealth," "Reliable tools for healthier lives," "Enhance your life," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

SM00047

[About this site](#) ▪ [Site help](#) ▪ [Contact us](#) ▪ [e-Newsletter](#) ▪ [Site map](#)

[Privacy policy](#) updated Oct 4, 2006
[Terms and conditions of use](#) updated Sep 20, 2007

LEGAL CONDITIONS AND TERMS OF USE APPLICABLE TO ALL USERS OF THIS SITE. ANY USE OF THIS SITE CONSTITUTES YOUR AGREEMENT TO THESE TERMS AND CONDITIONS OF USE.

© 1998-2007 Mayo Foundation for Medical Education and Research. All rights reserved.



[More Information](#)

ADVERT



FR
 GU
 to
 fitn

G
 Yo
 Toc



Advertising and sponsori



Diseases & Conditions Drugs & Supplements Treatment Decisions Healthy Living Ask a Specialist Health Tools Slide Shows Video

Home Log in Register now RSS

FITNESS

slideshow

slide show: Core exercises

Oct 31, 2007

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13

PREVIOUS | NEXT



Segmental rotation

Segmental rotation is another way to exercise your core muscles:

- Lie on your back with your knees bent and your back in a neutral position. Tighten your abdominal muscles.
- Keeping your shoulders on the floor, let your knees fall slowly to the left (A). Go only as far as is comfortable. You should feel a stretch, but no pain. Hold for three deep breaths.
- Return to the start position. Repeat the exercise to the right (B).

© Mayo Foundation for Medical Education and Research. All rights reserved.

By Mayo Clinic Staff
Aug 24, 2007

© 1998-2007 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved. A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.com," "EmbodyHealth," "Reliable tools for healthier lives," "Enhance your life," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

SM00047

[About this site](#) [Site help](#) [Contact us](#) [e-Newsletter](#) [Site map](#)

[Privacy policy updated Oct 4, 2006](#)
[Terms and conditions of use updated Sep 20, 2007](#)

LEGAL CONDITIONS AND TERMS OF USE APPLICABLE TO ALL USERS OF THIS SITE. ANY USE OF THIS SITE CONSTITUTES YOUR AGREEMENT TO THESE TERMS AND CONDITIONS OF USE.

© 1998-2007 Mayo Foundation for Medical Education and Research. All rights reserved.



ACCREDITED

Enter e-mail address

More Information

ADVERT

**Fitr
made**

Ste

[Click](#)

Advertising and sponsori



Diseases & Conditions Drugs & Supplements Treatment Decisions Healthy Living Ask a Specialist Health Tools Slide Shows Video

Home Log in Register now RSS

 SEARCH

FITNESS

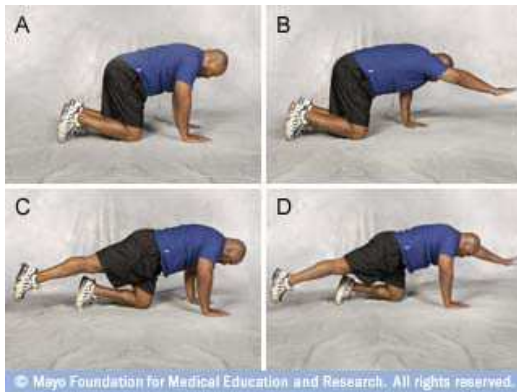
slideshow

slide show: Core exercises

Oct 31, 2007

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13

PREVIOUS | NEXT



Quadruped

This core exercise is called the quadruped:

- Start on your hands and knees. Place your hands directly below your shoulders, and align your head and neck with your back (A). Tighten your abdominal muscles.
- Raise your right arm off the floor and reach ahead (B). Hold for three deep breaths. Lower your right arm and repeat with your left arm.
- Raise your right leg off the floor (C). Tighten your trunk muscles for balance. Hold for three deep breaths. Lower your right leg and repeat with your left leg.
- For added challenge, raise your left arm and your right leg at the same time (D). Repeat with your right arm and left leg.

© Mayo Foundation for Medical Education and Research. All rights reserved.

Enter e-mail address

More Information

ADVERT

**FREE
CORE**
fitness chart
with purchase

**Get Yours
Today!**

Advertising and sponsori

By Mayo Clinic Staff
Aug 24, 2007

© 1998-2007 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved. A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.com," "EmbodyHealth," "Reliable tools for healthier lives," "Enhance your life," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

SM00047

[About this site](#) [Site help](#) [Contact us](#) [e-Newsletter](#) [Site map](#)

[Privacy policy](#) updated Oct 4, 2006
[Terms and conditions of use](#) updated Sep 20, 2007

LEGAL CONDITIONS AND TERMS OF USE APPLICABLE TO ALL USERS OF THIS SITE. ANY USE OF THIS SITE CONSTITUTES YOUR AGREEMENT TO THESE TERMS AND CONDITIONS OF USE.

© 1998-2007 Mayo Foundation for Medical Education and Research. All rights reserved.



ACCREDITED



[Diseases & Conditions](#) [Drugs & Supplements](#) [Treatment Decisions](#) [Healthy Living](#) [Ask a Specialist](#) [Health Tools](#) [Slide Shows](#) [Video](#)

[Home](#) [Log in](#) [Register now](#) [RSS](#) [XML](#)

[SEARCH](#)

FITNESS

slideshow

slide show: Core exercises

Oct 31, 2007

[1](#) | [2](#) | [3](#) | [4](#) | [5](#) | [6](#) | [7](#) | [8](#) | [9](#) | **[10](#)** | [11](#) | [12](#) | [13](#)

[← PREVIOUS](#) | [NEXT →](#)



© Mayo Foundation for Medical Education and Research. All rights reserved.

Modified plank

This core exercise is called the modified plank:

- Lie on your stomach. Raise yourself up so that you're resting on your forearms and your knees. Align your head and neck with your back, and place your shoulders directly above your elbows. Tighten your abdominal muscles.
- Create resistance by pressing your elbows and your knees toward one another. Neither should move from their positions on the floor. Hold for three deep breaths.
- Return to the start position and repeat.

Enter e-mail address

[More Information](#)

ADVERT

**FREE
CORE**
fitness chart
with purchase

**Get Yours
Today!**

Advertising and sponsorshi

By Mayo Clinic Staff
Aug 24, 2007

© 1998-2007 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved. A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.com," "EmbodyHealth," "Reliable tools for healthier lives," "Enhance your life," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

SM00047

[About this site](#) [Site help](#) [Contact us](#) [e-Newsletter](#) [Site map](#)

[Privacy policy updated Oct 4, 2006](#)
[Terms and conditions of use updated Sep 20, 2007](#)

LEGAL CONDITIONS AND TERMS OF USE APPLICABLE TO ALL USERS OF THIS SITE. ANY USE OF THIS SITE CONSTITUTES YOUR AGREEMENT TO THESE TERMS AND CONDITIONS OF USE.

© 1998-2007 Mayo Foundation for Medical Education and Research. All rights reserved.



ACCREDITED



Diseases & Conditions Drugs & Supplements Treatment Decisions Healthy Living Ask a Specialist Health Tools Slide Shows Video

Home Log in Register now RSS

FITNESS

slideshow

slide show: Core exercises

Oct 31, 2007

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13

[PREVIOUS](#) | [NEXT](#)



Modified plank variations

Try these variations on the modified plank:

- Lie on your stomach. Raise yourself up so that you're resting on your forearms and your knees. Align your head and neck with your back, and place your shoulders directly above your elbows. Tighten your abdominal muscles.
- Raise your right arm off the floor (A). Hold for three deep breaths. Repeat with your left arm.
- Raise your right leg off the floor (B). Hold for three deep breaths. Repeat with your left leg.
- For added challenge, raise your left arm and your right leg at the same time. Repeat with your right arm and left leg.

By Mayo Clinic Staff
Aug 24, 2007

© 1998-2007 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved. A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.com," "EmbodimentHealth," "Reliable tools for healthier lives," "Enhance your life," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

SM00047

[About this site](#) [Site help](#) [Contact us](#) [e-Newsletter](#) [Site map](#)

[Privacy policy updated Oct 4, 2006](#)

[Terms and conditions of use updated Sep 20, 2007](#)

LEGAL CONDITIONS AND TERMS OF USE APPLICABLE TO ALL USERS OF THIS SITE. ANY USE OF THIS SITE CONSTITUTES YOUR AGREEMENT TO THESE TERMS AND CONDITIONS OF USE.

© 1998-2007 Mayo Foundation for Medical Education and Research. All rights reserved.



ACCREDITED

Enter e-mail address

[More Information](#)

ADVERT

Fitr
made

Ste

Click



Advertising and sponsori



[Diseases & Conditions](#) [Drugs & Supplements](#) [Treatment Decisions](#) [Healthy Living](#) [Ask a Specialist](#) [Health Tools](#) [Slide Shows](#) [Video](#)

[Home](#) [Log in](#) [Register now](#) [RSS](#) [XML](#)

 [SEARCH](#)

FITNESS

slideshow

slide show: Core exercises

Oct 31, 2007

[1](#) | [2](#) | [3](#) | [4](#) | [5](#) | [6](#) | [7](#) | [8](#) | [9](#) | [10](#) | [11](#) | [12](#) | [13](#)

[PREVIOUS](#) | [NEXT](#)



A



B

© Mayo Foundation for Medical Education and Research. All rights reserved.

Side plank

The side plank challenges your stability and works the muscles along the side of your body:

- Lie on your left side, raising yourself onto your left forearm (A). Place your left shoulder directly above your left elbow, keeping your shoulders, hips and knees in alignment. Rest your right arm along the side of your body.
- Tighten your abdominal muscles. Hold for three deep breaths. Repeat on your right side.
- For added challenge, balance on your left hand. Raise your hips off the floor and extend your right hand toward the ceiling (B). Hold for three deep breaths. Repeat on your right side.

By Mayo Clinic Staff

Aug 24, 2007

© 1998-2007 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved. A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.com," "EmbodyHealth," "Reliable tools for healthier lives," "Enhance your life," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

SM00047

[About this site](#) [Site help](#) [Contact us](#) [e-Newsletter](#) [Site map](#)

[Privacy policy](#) updated Oct 4, 2006

[Terms and conditions of use](#) updated Sep 20, 2007

LEGAL CONDITIONS AND TERMS OF USE APPLICABLE TO ALL USERS OF THIS SITE. ANY USE OF THIS SITE CONSTITUTES YOUR AGREEMENT TO THESE TERMS AND CONDITIONS OF USE.

© 1998-2007 Mayo Foundation for Medical Education and Research. All rights reserved.



ACCREDITED

Enter e-mail address

[More Information](#)

ADVERT

Fitr
made

Ste

Click

Advertising and sponsori



Diseases & Conditions Drugs & Supplements Treatment Decisions Healthy Living Ask a Specialist Health Tools Slide Shows Video

Home Log in Register now RSS

FITNESS

slideshow

slide show: Core exercises

Oct 31, 2007

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13

PREVIOUS | NEXT



Superman

This core exercise, called the superman, can help you strengthen your lower back:

- Lie on your stomach with a rolled towel or a small pillow under your hips to support your back. You might also use a folded towel to support your head. Tighten your abdominal muscles.
- Raise your right arm off the floor (A). Hold for three deep breaths. Lower your right arm and repeat with your left arm.
- Raise your right leg off the floor (B). Hold for three deep breaths. Lower your right leg and repeat with your left leg.

RELATED

- [Fitness ball exercises: Good for my abs?](#)
- [Video: Abdominal crunch](#)
- [Slide show: Core exercises with a fitness ball](#)
- [Core exercises: Beyond your average abs routine](#)

By Mayo Clinic Staff
Aug 24, 2007

© 1998-2007 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved. A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.com," "EmbodyHealth," "Reliable tools for healthier lives," "Enhance your life," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

SM00047

[About this site](#) [Site help](#) [Contact us](#) [e-Newsletter](#) [Site map](#)

[Privacy policy](#) updated Oct 4, 2006

[Terms and conditions of use](#) updated Sep 20, 2007

LEGAL CONDITIONS AND TERMS OF USE APPLICABLE TO ALL USERS OF THIS SITE. ANY USE OF THIS SITE CONSTITUTES YOUR AGREEMENT TO THESE TERMS AND CONDITIONS OF USE.

© 1998-2007 Mayo Foundation for Medical Education and Research. All rights reserved.



ACCREDITED

Enter e-mail address

More Information

ADVERT

Fitr
made

Ste

Click



Advertising and sponsori