



10
Tips & Tricks
To Look
10
Years
Younger

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10 Tips and Tricks to Look 10 Years Younger

I'm always pleasantly surprised when people's mouths hang open when they ask my age and I tell them that I just turned 50. They're very surprised and always ask what my secrets are.

Until now, I haven't put too much thought into the fountain of youth that I've been drinking from. But since enough people have asked me, I'll let you in on my secrets.

Now, these are things that work for me. I'm not saying that every single habit and/or product is scientifically proven to reverse aging, what I want to say is that this is what works for me and it very likely will work for you too.

You should know that I recently turned 50. I have a hard time believing this myself. I tell myself that I should know things by this age (like how to be a better cook for example – I can cook healthy things but they aren't always that edible ;)

I'm as lean and strong as I've ever been, and it's because I consistently apply the guidelines in this report.

The over all key, as you'll soon find out, is consistency over time. If you try a few of these things for a week, you're sure to be disappointed. You need to develop lifestyle habits that you consistently apply day in and day out. The things I do aren't over the top crazy, but they do take some time and planning.

I must say that my training is 'over the top' crazy, but that's just me. I don't expect you to do some of the crazy things I do because I've always done these sorts of things. Small steps towards better health, fitness and nutrition is all I'm suggesting.

The rewards of how you feel will far outweigh any sacrifice you feel you make.



Before I get into the nitty gritty, perhaps I should qualify who I am and why you should listen to me. I'll be brief here. No one wants to read a laundry list, but in a nutshell, this is what I've been up to the last 50 years:

- National competitor in three sports in my younger days
 - School teacher for 20 years
 - Fitness business owner for 11 years
 - Presently run a fitness boot camp [Calgary NW Fit Body Boot Camp](#)
 - Head instructor for Fit Body Boot Camp University
 - Author of the following programs:
 - [Female Fat Loss Over 40](#)
 - [Virtual Fat Furnace](#)
 - [24/7 Coaching](#)
 - [Pull Up Challenge](#)
 - [Challenge Fat Loss](#)
 - [Challenge Jump Rope](#)
 - [Boot Camp Challenge Workouts](#)
- Challenge Burpee (soon to be released)
Female Fat Loss Over 50 (soon to be released)
- I have two blogs:
 - [Challenge Workouts blog](#)
 - [Female Fat Loss Over 40 blog](#)

I'm a single mom of great teenagers, I consider myself just an ordinary person that incorporates healthy living principles. My goal is to inspire others to get off the couch and get moving.



Let's get on with it!

I have 10 principles that I want to share with you....

While I feel some of these points are a little more important than others, I tend to think a couple of them are in the number one spot in fact, I'll just get started and you can assign the value as you see fit....here is my top ten list:

#1 Intense Resistance Training is a MUST!

Don't kid yourself when it comes to training. If you don't feel like you need to go sit down or take a nap after your workout, you may have just wasted the last 45 minutes to an hour. The majority of people that I train are quite surprised at the level of intensity I expect from them in order to get the results they desire. Nothing worth having comes easy and if it was easy to get a super toned body without much sweat, everyone would have the body of their dreams. Sadly, this isn't the case.



'Intense' means 'intense', not going through the motions.

When I say 'resistance training', don't be fooled. You don't have to get a gym membership, you don't need to go buy a whack of weights or equipment. Resistance training can easily be done with simple body weight exercises. (Seriously, drop down and try to do 20 push ups and tell me you're not doing 'resistance training'.)

Why do resistance training?

I can't stress enough the need to maintain and even gain a little muscle on your frame. Most people (women are the worst culprits here) will balk at the thought of adding muscle...



"...I don't want to look 'big'.."
"...I want to LOSE weight, not gain it..."
"...I don't want to look muscular..."

“...I don’t want to look like a man...” (unless you ARE a man and you’ll say ‘I don’t want to look like a meat head’)

These are the most common objections I get and they’re based on mis-information.

The information that these people have is that muscle is big and bulky and unattractive.

Quite to the contrary, muscle is actually long, lean and sexy.

Muscle is NECESSARY for metabolism.

According to new information out of the journal Current Sports Medicine Reports *"inactive adults experience a 3% to 8% loss of muscle mass per decade, accompanied by resting metabolic rate reduction and fat accumulation. Ten weeks of resistance training may increase lean weight by 1.4 kg, increase resting metabolic rate by 7% and reduce fat weight by 1.8 kg"*

Muscle is more ‘dense’ than fat, it takes up less space, even if your weight stays the same, (you gain a pound of muscle and lose a pound of fat) your body will take up less space. In other words, there is ‘less’ of you **so your clothes get loose and baggy when you start to resistance train**. (Who cares what the scale says? No one notices the number but you, but they will notice when you walk into a room and your clothes fit better.)

In addition to being able to **lose inches** off your body by adding a little muscle to your frame, you’ll **increase your metabolism**.

How? **Muscle is metabolically active tissue**. It takes more calories to maintain a pound of muscle than a pound of fat. You’ll actually burn more calories sleeping when you have more muscle on your body. It only makes sense that you need some muscle to keep your metabolism running high.

Over time, I’ve stayed about the same weight as I was in college. The majority of my clients not only have gained weight, they’ve lost muscle and they’ve gained inches in unflattering places.

My secret to weight maintenance is simply just **maintaining a good amount of muscle on my body**. I have a genetic potential to be fairly muscular, but even clients that have a totally opposite genetic make up to mine have achieved success in weight loss and metabolism boost by doing *consistent* resistance training. **Proof positive that adding muscle works. It increases metabolism, changes body shape and gives you the potential to lose ‘more fat’ over time.**

Aaand the icing on the cake is that muscle gives you the shapely toned look that you’re after. [Read more here](#) (video and a workout too ;)

#2 REDUCE 'Traditional' Cardio

Yes, you read that correctly...**reduce** your cardiovascular training. Let me explain...

Long, slow boring cardio should be reduced to **ZERO** times per week. That is, for fat loss and getting the body of your dreams. If you *enjoy* long runs, or slow cardio, then you may do it for the mental enjoyment, but don't be fooled into thinking that this will get you to where you want to be physique wise.



HIIT, or **high intensity interval training** is your answer for cardiovascular fitness and effective fat loss.

It requires a higher amount of energy expended during your workout time. The good news is that your workout can be **half the time** and the return is **more fat burning**.

In fact, studies show that you'll get an 'after burn' or an elevated metabolic rate for up to 38 hours **AFTER** your HIIT workout.

Do you need more proof? I was excited to find the #1 workout study and tip that was discovered in 2012.

In that study, subjects doing bodyweight exercises for just **4 minutes** got better fitness results than subjects doing 30 minutes of slow cardio.

Reference:

"Extremely low volume, whole-body aerobic-resistance training improves aerobic fitness and muscular endurance in females."

Appl Physiol Nutr Metab. 2012 Dec;37(6):1124-31.

In fact, researchers at Queen's University tested a HIIT (high intensity interval training)/resistance training style workout against long cardio. (Reference: Appl Physiol Nutr Metab. 2012 Sep 20.)

22 college-aged women did 4 workouts per week for 4 weeks in one of three groups.

Group A did 30 minutes of treadmill running at 85% max heart rate

Group B did 8 rounds of 20 seconds of a single exercise (burpees, jumping jacks, mountain climbers, or squat thrusts) with 10 seconds of rest between rounds.

Group C did nothing (they were the non-training control group).

Results:

Both training groups increased their aerobic fitness levels by the SAME amount (about 7-8%). That's right, the short bodyweight workouts (of 4 minutes) worked just as well as 30 minutes of cardio. Shocking.

BUT...only Group B, the HIIT/resistance style training, also increased muscular endurance in common exercises like chest presses, leg extensions, sit-ups, and push-ups.

And finally, participants in Group B also experienced greater overall workout enjoyment.

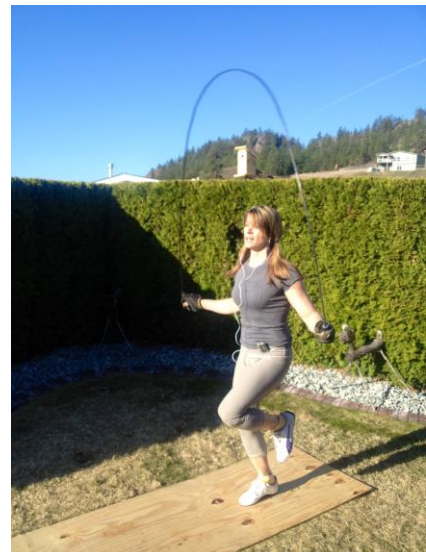
The scientists concluded that "extremely low volume bodyweight interval-style training" will boost cardiovascular fitness just as well as cardio while giving you BETTER improvements in muscle endurance. All in just 4 minutes. So, don't waste your time trying to get rid of that belly fat with long, boring cardio.

Train Monday morning-still burning calories Tuesday night!

You can do **HIIT** in MANY ways:

- bodyweight training
- running
- swimming
- rowing
- stair running
- jumping jacks
- jumping rope ([click here for a great program](#))
- anything you can think of!

So lose the long, slow boring cardio. Save your workout time for intense resistance training and add HIIT twice a week if not at all. A better 'style' of workout training is to incorporate HIIT into your resistance training protocol.



Here's an example:

Do 30 seconds of the following:

Bodyweight squats – prisoner style (hands on head, elbows squeezed back)

Jacks

Push ups

Stationary sprint

Plank recovery

Repeat 3-5 times

Give this a try and tell me that body weight training doesn't get your heart pounding as much or more than doing a boring treadmill workout. The additional benefit is that you'll increase overall body strength and avoid over use injuries associated with lower body dominant 'traditional' cardio too. Win – win!

[Read about cardiovascular training and your heart here.](#)

[Make use of your treadmill in a NON-treadmill workout here.](#)

#3 Nutrition Tips

- *Eat small meals often with some protein at every meal or snack
- *Cut out processed foods
- *Eat low glycemic carbs
- *Eat more fruits and veggies
- *Water water water

****Eat Small Meals Often***

Your body is such an amazingly effective machine. When food is scarce, it will get by on less fuel or food/calories. In famine, this is a highly effective survival strategy. In times of plenty, this is the bane of weight loss. Your body needs to be nourished at regular time intervals so that it will *use* the energy that you feed it. And your body will *use fat stores more effectively* when you eat regularly.



This is likely what you've heard:

Stop eating or severe caloric restriction = weight loss

False!

Stop eating or severe caloric restriction = lose muscle/lower metabolism/low energy

(If you don't understand how this can be detrimental, go back and review why you need to have lean muscle on your frame.)

When your body comes to expect food every 2-3 hours, it will be more likely to use those calories ingested to help you feel energized.

If you don't feed your body at regular intervals, it will store the energy more readily so that it can't be used to help you 'feel' energized and you'll never let go of any excess fat stores.

The moral of this story is: eat small nutritious meals often!

****Increase Your Protein Intake***

You may think that I'm asking you to eat more protein to support the new muscles that you're acquiring, but that's not the *real* reason.





Try to avoid all things 'white': bread, rice, potatoes, pastries etc. especially as the day wears on and your propensity for insulin resistance increases. Generally 'white' carbohydrates have a high glycemic index. This essentially means the food will be broken down quickly and your blood sugar will spike. This results in a dump of insulin, and as you remember, you can't lose fat in the presence of insulin.

By eating low glycemic complex carbohydrates, you avoid the roller coaster of peaks and valleys in blood sugar. You won't feel crazy hungry an hour after eating, you'll stay full longer and it's easier to make healthy choices when you don't feel starved or deprived. [Read more about carbohydrates here.](#)

**Water Water Water*

You'd be surprised how refreshing and energizing water can be and how it can be your secret weapon to fat loss. Many mistake water loss with fat loss, but the fact remains, that when you lose subcutaneous water (that is, water that sits just under the skin), you'll look and feel much better. Skin tone is improved, the appearance of cellulite is reduced and you'll lose the 'bloated' feeling.

Water is essential. We can survive without food for much longer than we can last without water. In fact, survival without water is limited to at most four to five days, but we can live with only water (no food) for up to three weeks. Your thirst mechanism is not a reliable indicator



of whether you're properly hydrated. In most cases, if you're thirsty, you're already dehydrated. It's best to sip water all day long to avoid this.

Without water, we'd be poisoned to death by our own waste products. When the kidneys remove uric acid and urea, these must be dissolved in water. If there isn't enough water, wastes are not removed as effectively and may build up as kidney stones. Water is also vital for chemical reactions in digestion and metabolism. It carries nutrients and oxygen to the cells through the blood and helps to cool the body through perspiration. Water also lubricates our joints.

It turns out we need to drink between six to eight 8oz glasses of water a day to stay hydrated, more if you are an active person. Because sleep disturbances can be problematic (that is, you don't want to get up in the middle of the night to go to the washroom), it's best to split this water intake up over the course of the day versus trying to top up the tank before bedtime.

Juices, coffee and tea are liquids that several people drink and think that they are getting their water intake, not so.

Coffee and tea contain caffeine and caffeine is actually a diuretic. This means it makes you urinate more, therefore depleting your water supply. (I still have my coffee because I love it, but I chase it with a big glass of water to stay hydrated.)

Then there's juice, another poor 'substitution' for water. Juices are full of sugar. For every gram of carbohydrate you ingest (or sugar for a better term), your body will hold onto 4 grams of water in order to process this sugar. So, if in an effort to hydrate by drinking juice, you actually don't get the water to the places that it's so desperately needed. For me, I stay clear of juice completely. (Aside from the fact that you're ingesting basically 'empty' non-filling calories.)

I find herbal tea (non-caffeinated) to be a good alternative for me to drink if I'm low on water consumption some days.

A note about artificial sweeteners

I bring this up under the 'Water Water Water' segment because I know so many people that drink a lot of diet sodas. I know that these sodas are 'calorie free' but don't think that they don't come without a cost.

My goal two years ago was to cut diet sodas from my diet completely. I did it slowly and now I rarely have a 'pop'.

There are a multitude of reasons that I've reduced my consumption of artificial sweeteners, but here's my number one reason:

Eat sweet = Crave sweet

My palate will get accustomed to the highly concentrated sweetness of artificially sweetened foods and therefore all other foods will taste bland.

Nothing tastes as sweet as natural in-season fruit. I miss out on this natural goodness if my palate is 'spoiled' by the 1000x sweeter concentration that artificial sweeteners provide to food. I never can get enough sweetness once I get on the artificial sweetener roller coaster. So, for me, along with the science that suggests that those chemicals can be detrimental to my health, it's enough to turn me off.

I admit that I use a small amount of the natural sweetener 'stevia' in my coffee, but other than that, I try to avoid them for the most part.

Drink Water, Lose Weight?

Water has long been talked about as one of the keys to fat loss.

Scientists did a study on two groups of people:

One group drank 2 cups of water before meals, while the other group was told to keep their drinking habits the same.

After 12 weeks of this study, the group that was taking the water before eating lost 36% more weight than the less hydrated group.

The reasoning for this was due to an increase in satiety, that is, subjects had the feeling of being full and so ate less. As well, the fact that water is a calorie – free drink and it replaced many sweetened beverages lowered overall caloric intake.

In other words...drink water = feel energized, look better, even lose weight.

[Read how water is an important factor in anti-aging here.](#)

#4 Sleep: Get Some!

If I were to be judged on one of my talents, I'd have to say that I'm an Olympic level sleeper. As a kid, I was conditioned to sleep any time anywhere. For example, when traveling on long bus rides to swim meets to faraway places, I was known to climb into the overhead luggage rack to snooze.



I've always cherished sleep and it's restorative values. If I'm having a bad day, I know that a good night's sleep will give me a better perspective the next day. And if it doesn't, then I know that I likely have a problem on my hands that needs to be addressed.

Sadly most people, women in particular, put sleep at the bottom of their 'to do' list. This can have detrimental health effects emotionally and physically as well.

Lack of sleep will increase your body's level of a protein called NPY, or Neuropeptide Y. This protein will decrease metabolism and increase appetite. Sleep deprivation is also related to substances called serotonin and dopamine. You will crave carbohydrates when these levels are low. To top it off, cortisol levels elevate when you are sleep deprived. Cortisol is associated with increased belly fat, something that we can all use a little less of.

As we age, we also have less melatonin; this helps us get into the deeper levels of sleep. With lower levels of melatonin you may crave carbohydrates. As you can see, this causes a reaction to eat more before bedtime: not the best time to eat (especially when it's often the 'before bed' snack choices many make).

You may consider supplementing your naturally decreasing melatonin levels with an over-the-counter supplement; you can take 0.5 – 3.0 mg of melatonin an hour before bed. This helps you feel drowsy and aids overall sleep quality. Ensure that you take melatonin a full 8 hours prior to your having to be super alert. Don't bother taking this supplement at 3 am when you're staring at the ceiling. It will help you sleep, but you may feel its effects in the morning.

As you can see, sleep is an essential element of your arsenal to look and feel your best. [Read how sleep is one part of a many healthy habits here.](#)

#5 Skin Care

I'd have to say that I'm cosmetically challenged. I don't know all the rights powders and potions to make the skin look 20 years younger.

To be honest, with the research and reading that I've done, one skin care product is only marginally better than another. What is generally better is the marketing campaign used to sell a product.

My number one tip, learned a little too late as far as I'm concerned, is one word: SUNSCREEN.

When I was younger, there wasn't such a thing, or if there was, I didn't know anything about it. I had baby oil or Hawaiian Tropic suntan oil and I was set. I also believe that possibly the sun wasn't as damaging back then as it is now.

In any case, I have a simple skin care plan that anyone can follow to have beautiful skin: exercise, eat well, drink lots of water and get some sleep.

Wait a minute...didn't I already mention all that stuff?

Of course I did. It's not rocket science to see that partying all night and eating junk food will be written all over your face in no time flat. Clean living and eating will too, and you'll be pleased with the results of the latter.

What seems to be the outward appearance comes from the inside first, so feed the inside and watch how your skin improves.

I must say that I'm a creature of habit. I wash my face every morning and follow with an SPF 30. In the evening I do the same, but after washing, I follow with a night cream.

Simple and consistent: I think these two words may be the theme of my all my tips to look younger. 😊

#6 Brush and Floss Religiously

Believe it or not, I'm not supporting or sponsored by a team of dentists with this tip. It's not only a cosmetic issue to look younger sporting shiny white teeth; it's a health issue.

Dental hygiene can basically be broken down into two categories: tooth decay and gum disease. Of the two, the latter is the most damaging and aging.

Nothing ages you faster than bad teeth!

For example, recent scientific studies clearly demonstrate the direct and harmful role gum disease plays in many serious and life-threatening diseases. For example, moderate-to-severe gum disease can:

- Increase the risk of heart attack by as much as 25%;
- Increase the risk of stroke by a factor of 10;
- Increase the severity of diabetes;
- Contribute to low pre-term birth weights;
- Contribute to respiratory disease;
- Interfere with proper digestion;
- Play a role in osteoporosis;
- Severely stress the immune system;
- Lower resistance to other infections; and
- Actually reduce life expectancy.

But because of its damaging effect on the immune system it can also contribute, make worse, or trigger many diseases and health issues, including such idiopathic (medical term applied to diseases of unknown cause) diseases as Meniere's, chronic fatigue syndrome (CFIDS) and fibromyalgia.

Clearly brushing, flossing and taking care of your mouth can truly effect your over all health!

#7 Style: Don't Get Too Comfortable!



Nothing ages like old-fashioned out dated clothes. I'm not suggesting that you frequent the hottest 'junior' section to clothe yourself, but I am saying 'stay current'.

I'm all about 'age appropriate' fashion as well. Just because my physique can sport a mini skirt or belly shirt, I don't keep my body in condition for this purpose. I want to be respected and seen as a mature and confident woman, not one that's trying to re-capture my youth. There's a fine line here.

Lucky for me that I have an awesome teenaged daughter, (and actually a pretty stylin' son) that won't allow me out of the house if I look frumpy. I'm usually pretty good about finding a style that fits with my body type and personality and doesn't look matronly or too young.

It takes some effort and sometimes you just have to wear the heels, even if they aren't as comfortable. My biggest pet peeve with people my age is that 'comfort is king'.

How can you look toned, confident and sexy in crocks and elastic waist pants? Clearly: style MUST trump comfort at times. In fact, I actually wear crocks around my house as slippers, but I wouldn't wear them out of the house. A small amount of effort goes a long way to make you look 10 years younger. Make an effort!

[I go on a bit of a rant about fashion HERE.](#)



#8 Supplements

I have a friend that takes a handful of supplements twice daily. This friend puts everything into one big container and uses the 'hunt and peck' method of finding the right vitamins. This is a standing joke with us.

I have a system by which I take my vitamins and again, it's consistency over time that makes them another secret to my youthfulness. I use a weekly container so I

fill up a few weeks worth at a time and open and eat.

Even if studies were to show that taking supplements proves to be useless, I feel they help me even with the placebo effect.

I have a very clean diet. I have one of the best diets of anyone I know, and yet I still feel the need to supplement.

My theory is this: chicken soup!

Chicken soup means that the supplements may not help me, but they definitely won't hurt me in the doses that I take.

Now, this is by now means a prescription, but it's a list of what I supplement with daily:

- Multi vitamin
- Cod liver oil
- Omega three fish oil
- Vitamin C
- Vitamin D
- Vitamin B
- Glucosamine
- Co Enzyme 10



#9 Surround Yourself with Positivity

Nothing ages like negativity. Go to an old folks home and have a conversation with a variety of seniors. Who looks the youngest and most vibrant? It's those with a positive attitude.

I could write a book on the power of positive thinking. In fact several books have been written on the subject. Let me tell you one of my favorites is *Psycho-Cybernetics* by Maxwell Maltz. It's not all about positive thinking, but it's definitely a strong theme through out. This book is all about maintaining a positive self-image for a satisfying life, it's never too late to take on a positive attitude.

It's difficult to be positive about yourself and your world, if others that just see negativity surround you. It may be time to give those people the 'gift of good bye'. By this I mean that you may have to cut some people out of your life.

Yes, this sounds harsh. I've done it. It's difficult. But I know when I'm surrounded by 'energy vampires' that suck the life out of me that I'm not at my best and I can't reach my full potential as a person. I'm unhappy and in turn I don't have as much to give to others. In the end, it's best to limit exposure to those that pull me down.

I like to surround myself with people that have a positive attitude. I find it easier to maintain a sunny disposition when I'm not surrounded by negativity. I know that it's not always possible to completely cut negative people from my life, but at the very least, I've developed a thicker skin so that those that are negative have a smaller impact on me daily. Life is much brighter with the cup half full so I keep it that way with a positive attitude.



#10 Have Fun!

I've always been WAY too serious and task oriented. My goal in the last few years has been to include adding some 'fun' into my life.

Fun can come in many forms. Think about what's 'fun' for you. Make a list. This is what I did. When I first made my list I saw that the things on my list were things that I did once in a blue moon. Why? I was too busy getting stuff done, and I missed out.

So now, I keep track of my list and try to keep a 'work hard/play hard' attitude. I'm not ALL about fun, if I were, nothing would get done. But I'm about rewarding myself with 'fun' things when I accomplish a goal of some sort. And the goal doesn't have to be earth shattering to get your fun reward. For example, when I'm in the zone doing a ton of blog posts, or creating a product, I may hunker down and force myself to go that extra mile by keeping a reward in mind. If my reward is say, going to a movie with my son, then I'll work hard and then completely let everything go for the time that I've set aside for 'fun'.



I used to keep my 'to do' list constantly in my head so that even if a 'fun' opportunity presented itself, I'd feel 'guilty' enjoying myself because I'd be thinking of this long list of things on my plate.

Now I have a better plan...

I work like a dog when I'm working. When I finish for the day, I make a list of things that I'll get to the following day and then I let it go. I may think of my list when I'm not working, but I don't feel guilty about leaving things be since I worked so hard when I was working. Then I can fully take advantage of any fun opportunity that comes my way.

Aaand, I'm getting better at accepting and extending invitations for fun stuff. It helps to clear the cobwebs out of my head so that when I get back to my work, I have a fresh and creative mind.

How does this keep me young? Good question...

I think the whole concept of loving your work and then loving your play is vital. It's all about 'passion'. Again, consider the most elderly folks you know. Those that are happiest feel they have a purpose in life.

Have some fun: relax, recreate. Feed your spirit: do what you love, follow your dreams!

Make YOUR bucket list and then start crossing things off of it.



There you have it: my top ten ways to look and feel 10 years younger.

It's been my pleasure writing and sharing these things with you. I hope it will inspire you towards better health.

Now what are you waiting for?

Start getting younger today...

Shawna K

I have a workout for you if you keep reading and you can also go to these blog posts for video samples and workouts:

[A Little Heavy? How to Modify Exercise](#)

[Planks for the Abs](#)

[Do ANYwhere Workout](#)

[Do Something! Beginner Workout](#)

[STOP Doing Sit Ups and Crunches](#)

Want to start to look and feel younger? Start to move!

Here's a simple plan that will strengthen your core and burn some calories to make you stronger all around.

Waist Whittling 10 Minute Ab Workout

Here's a quick core conditioning home workout for you. You can do it on its own when you have very little time to workout, or you can pop this routine into the end of your workout so that you can target that trouble area.

You will rotate each of these exercises (see following photos) for 30 seconds:

- 1. Jump rope/jacks/stationary run**
2. Knee Ins/bicycle crunch
3. Plank
- 4. Jump rope/jacks/stationary run**
5. Prone shoe touch
6. spider crawl
- 7. Jump rope/jacks/stationary run**
8. side plank left
9. side plank right
10. Rest 30 seconds
11. Repeat exercises #1 through #6

Knee ins/Bicycle Crunch



- In face up, prone position, lift opposite elbow to opposite knee
- Try to lift shoulder off the ground while twisting at the waist
- Try to fully extend leg, (more difficult if the extended leg is lower to the ground, more modified by lifting the leg higher or placing the opposite foot on the ground)
- Repeat on the opposite side

Plank



- Get into plank position (shoulders over the elbows, ears in line with the shoulders)
- Keep back tight and tummy tucked in
- Ensure that hips are in line with shoulders and toes
- Keep shoulder blades depressed and retracted (down and back) so the upper back doesn't 'round'
- Ensure butt isn't in the air,

Prone Shoe Touch



- In face up, prone position, pull heels in tight to butt
- Lift shoulders slightly off the ground, neutral spine (ears in line with shoulders)
- Try to reach to touch same hand to same toe
- Repeat on opposite side

Spider Crawl



- Get into plank position
- Slowly draw one knee towards chest
- Try to keep toe off the ground
- Return the leg to starting position
- Repeat on opposite side
- Ensure the shoulders are directly over the hands
- Keep hips down
- Keep tight abs through out movement

Side Plank



- Stack feet (or modify by drawing toes back and stacking knees)
- Lift hip off the ground, taking weight on one elbow
- Keep shoulder over shoulder
- Body needs to be in align-shoulder, hip, knee and toe
- Intensify by raising hand over top shoulder