

1. Activating Your Core

Lie on your back on a flat surface with your arms by your side, knees bent and feet on the ground. Take a deep breath in and as you breathe out pull your belly button towards your spine and lower your ribcage. Your lower back should now be flat against the floor. Don't forget to contract your gluteal/bum muscles simultaneously as you breathe out. It is important that you master this exercise before attempting any further exercises. As you improve you can incorporate this 'core activation' into your daily life.

