Core Strengthening + Flexibility

- Flexibility - Yoga
- Pilates
- Strength Training

- Aerobic also beneficial

3 per week x 50 years
Core Strengthening: Side Plank
Strengthen - Bridge

- Knees in line with hips
- Pelvis lifts up
- Lengthen from pelvis to sternum
- Chest lifts
- Press evenly into all four corners of feet
- Fingers interlaced, palms pressed together
- Back of neck is on mat
Lots of Ab exercises
Mix it up, keep it fresh

EXERCISES FOR HAVING 8 abs
Roman Chair: Back Extensor Strengthening
My favorite!
Twisting strength training is good
Best exercise for your butt, somehow not bad for knees
Advanced Strengthening: Not Recommended without professional training
Twisting Flexibility
Twisting Flexibility

Supine Spinal Twist

- Exhale the shoulder & arm toward the ground.
- Look over the shoulder.
- Initiate the twist at the navel.
- With each exhale, bring the knee toward the ground.

Option to lengthen the leg or bend it and bring it in line.
Plow Pose

Side Bends
Standing Split

Half Moon
Yoga

Mental and physical benefits well proven