

Mountain climber



1. Start in a plank with your hands below your shoulders. Tighten your core.
2. Lift your right knee toward your chest, keeping your back straight and hips down.
3. Return your right leg to the starting position as you simultaneously lift your left knee toward your chest.
4. Continue alternating legs. Start with 1 set of 8 to 12 reps.

Side plank with rotation



1. Lie on your right side with your right forearm below your shoulder. Extend your legs, left foot on top of the right. Tighten your core.
2. Lift your hips to form a straight line with your body. Raise your left arm straight up.
3. Rotate your torso toward the floor and bring your left arm under your body.
4. Rotate your torso again to straighten your left arm to return to the starting position.
5. Start with 1 set of 8 to 12 reps.
6. Repeat on the other side.