

Core Strengthening Exercises- Seated

Skill Set: Strength and Conditioning

Difficulty Level: Easy

Number of Athletes and Coaches: Any

Average Time to Complete: 20 minutes

Equipment Required: None

Goal: Strengthen abdominal muscles through exercises performed while seated

Straight Leg Lift:

- Lean back on hands
- Keep torso perfectly still for the entire exercise
- Keep legs straight, lift them as high as possible
- Gently touch heels to the floor and repeat



Seated Leg Extension:

- Keep torso as still as possible
- Lift heels off of the floor 2-3 inches, keep feet together
- Bring heels into body and extend them out again



Scissors:

- Keep torso as still as possible
- Kick your legs in a scissors action
- Keep your legs straight



Leg Crossovers:

- Keep torso as still as possible and keep legs the same distance from the floor
- Swing legs as far out as possible and cross them over
- Alternate the top and bottom leg with each rep



Leg Circles:

- Keep torso as still as possible
- Draw circles with heels, make circles as large as possible
- Perform in both directions

