Quick and Easy Core Workout

**Oblique Arm Sweep**
- Sit tall and lean back, back straight and arms out.
- Lean back as you sweep the right arm behind you.
- Come back to start and repeat on the other side.
- Do 8-12 reps on each side, rest and repeat.

**Bird Dogs**
- On hands and knees take the right arm and the left leg up at the same time. Yep it’s hard.
- Lower and repeat on the other side.
- Do 8-12 reps, alternating sides rest and repeat.

**Bridge With Leg Drops**
- In a bridge position, take the right leg straight up.
- Brace the abs as you lower the right leg a few inches towards the floor. Back to start and repeat.
- Do 8-12 reps on each side, rest and repeat.

**Side Hip Lifts**
- On your side, hips stacked and resting on forearm, lift the hips squeezing the abs. Lower and repeat before switching sides.
- Do 8-12 reps on each side, rest and repeat.