

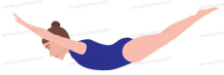


CORE – 10 MINUTES

REPS	EXERCISE	TECHNIQUE
<p>10 seconds each for Emerald,</p> <p>20 seconds each for Sapphire</p> <p>30 seconds each for Ruby & Diamond</p>	<p style="text-align: center;">SUPPORT HOLD – ALL DIRECTIONS</p> 	<p><u>Front support:</u> Straight arms, shoulders over hands. Body in straight line not curved (banana) or mountain (bottom too high). Looking at hands, stomach and bottom squeezed, legs together.</p> <p><u>Back support:</u> Straight arms, shoulders over hands, fingers facing forwards. Push hips up and keep legs straight and together, pointed toes.</p> <p><u>Side support:</u> One hand on floor, shoulder over hand, arm straight. Body facing sideways and in straight line from shoulder to feet.</p>
<p>5 each side (Emerald) 7 each side (Sapphire) 10 each side (Ruby & Diamond)</p>	<p style="text-align: center;">SIDE SUPPORT DIPS</p>	<p>In the side support hold, drop hip down to floor and push back up again.</p>
<p>5 each side (Emerald) 7 each side (Sapphire) 10 each side (Ruby & Diamond)</p>	<p style="text-align: center;">BACK SUPPORT/ TRICEP DIPS</p>	<p>In back support with hands on height, bend arms so bottom taps floor and push back up.</p>
<p>5 each side (Emerald) 7 each side (Sapphire) 10 each side (Ruby & Diamond)</p>	<p style="text-align: center;">FRONT SUPPORT TO PLANKS</p>	<p>From front support hold, bend one arm at a time to elbow plank, then push up one arm at a time back to front support.</p>
<p>5 each side (Emerald) 7 each side (Sapphire) 10 each side (Ruby & Diamond)</p>	<p style="text-align: center;">FRONT SUPPORT LEG TAPS</p>	<p>In the front support hold, bring one arm up straight to tap thigh. Ensure body is not moving and wiggling, keep core engaged.</p>

CORE – 10 MINUTES

SHAPE	EXERCISE	TECHNIQUE
<p>DISH</p> 	<p>HOLD:</p> <p>10 seconds (Emerald), 15 seconds (Sapphire), 20 seconds (Diamond & Ruby)</p> <p>ROCKS, PULSES & LIFTS:</p> <p>Emerald - 5, Sapphire - 10, Ruby & Diamond - 15</p>	<p><u>Hold:</u> As in image, legs slightly off floor and straight, back pressed into ground, upper body curved up, arms either down over thighs(easier) or up by ears (harder) - straight whichever option. Head and shoulders off floor.</p> <p><u>Rocks:</u> In the correct shape – rock forwards and backwards</p> <p><u>Pulses:</u> In the correct shape, pulse up and down. Engage core more on up and relax slightly on down</p> <p><u>Lifts:</u> Lift from lying flat into correct dish shape. Repeat with only arms, only legs and then both.</p>
<p>ARCH</p> 	<p>HOLD:</p> <p>10 seconds (Emerald), 15 seconds (Sapphire), 20 seconds (Diamond & Ruby)</p> <p>ROCKS, PULSES & LIFTS:</p> <p>Emerald - 5, Sapphire - 10, Ruby & Diamond - 15</p>	<p><u>Hold:</u> As in image, legs straight and off floor, arms straight and covering ears. Looking down at floor so neck not strained. Squeeze bottom and shoulder blades for higher lift.</p> <p><u>Rocks:</u> In the correct shape – rock forwards and backwards</p> <p><u>Pulses:</u> In the correct shape, pulse up and down. Engage core more on up and relax slightly on down</p> <p><u>Lifts:</u></p>

		Lift from lying flat into correct dish shape. Repeat with only arms, only legs and then both
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