

Exercise of the week – Hover

Hover increases upper body and core strength. Your core muscles support and protect your spine all day as you sit, stand, walk and exercise. They need to be kept strong and reactive to do their job effectively.

Beginner

Lie on your tummy resting on your elbows. Lift your body up so your elbows, knees and toes are in contact with the floor. Pull your navel towards your spine to activate your abdominals and hold your position. Keep your head looking slightly down and breath in and out.

Intermediate

Lifting your knees off the ground enhances your ability to hold your own body weight and makes your core muscles work harder. Start in the 'knee position,' lift up onto your toes and hold. Increase the time you can hold on your toes. Don't get tempted to stick your bum up in the air – think plank of wood not Indian tpee!

Advanced

Supporting your whole body weight on your hands and toes requires more total body strength. Move into the 'up position' of a pushup. Keeping the arms straight, back flat, shoulders back and down, hold your position.

*** With all levels work towards holding for 30 seconds!**