

# Prevention

Move of the Month: Core Strengthener with Pilin Anice

April 2022

PULSE

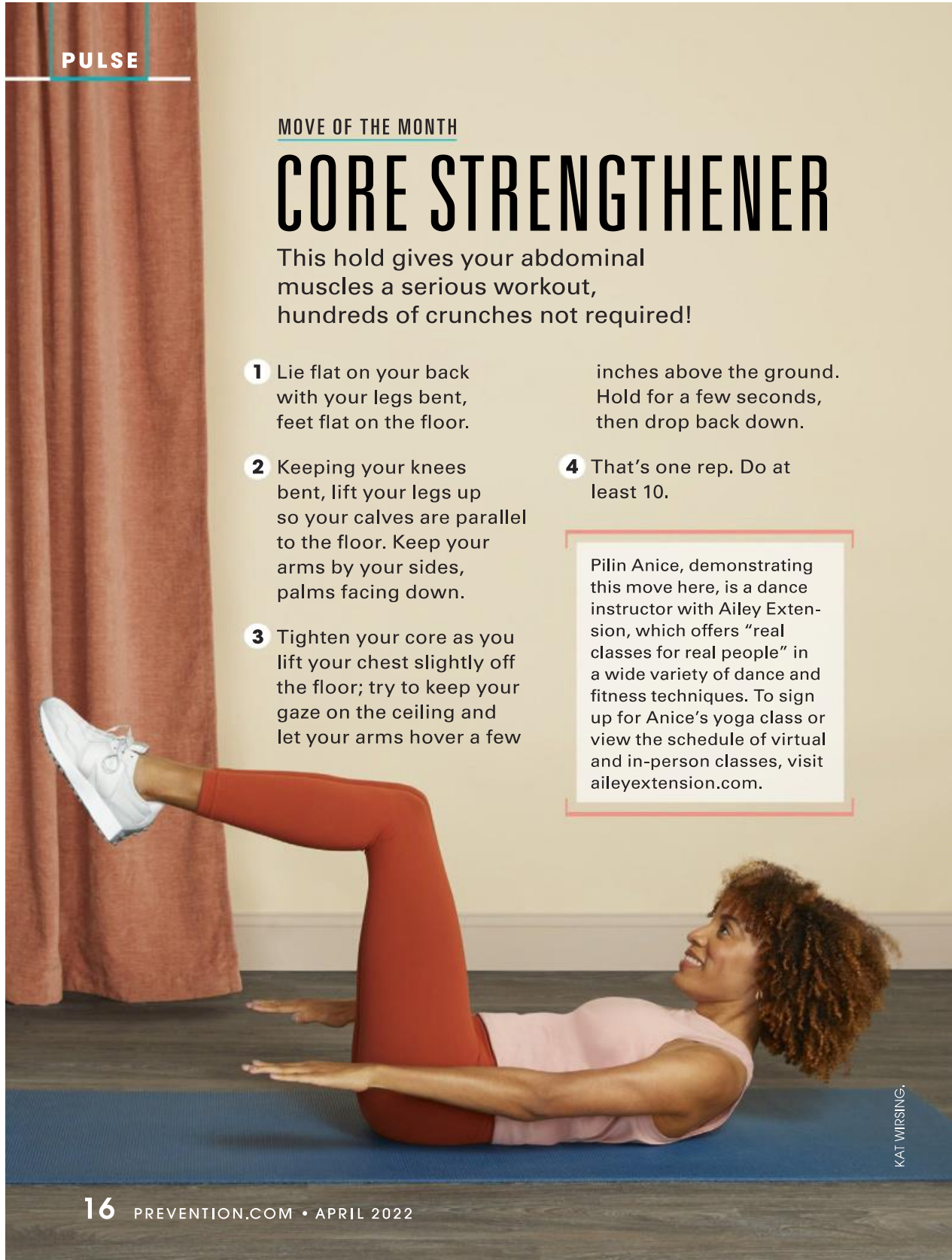
MOVE OF THE MONTH

## CORE STRENGTHENER

This hold gives your abdominal muscles a serious workout, hundreds of crunches not required!

- 1 Lie flat on your back with your legs bent, feet flat on the floor.
- 2 Keeping your knees bent, lift your legs up so your calves are parallel to the floor. Keep your arms by your sides, palms facing down.
- 3 Tighten your core as you lift your chest slightly off the floor; try to keep your gaze on the ceiling and let your arms hover a few inches above the ground. Hold for a few seconds, then drop back down.
- 4 That's one rep. Do at least 10.

Pilin Anice, demonstrating this move here, is a dance instructor with Ailey Extension, which offers “real classes for real people” in a wide variety of dance and fitness techniques. To sign up for Anice’s yoga class or view the schedule of virtual and in-person classes, visit [aileyextension.com](http://aileyextension.com).



KAT WIRSING