**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 Aliley 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.