

# Core workout with Sam Rodman from Cornish Pirates RFC



## Ankle Tap



### Explanation

Starting position	Performing the movement	Finishing the movement
Starting position Lie on your back Knees bent but feet on the ground Hands by your sides	On one side keeping your arms straight tap your ankle with your hand Bending the obliques	Return to the middle then do the same with the other side Keep the movement nice and controlled

Sam's advice would be to complete the suggested repetitions below in line with your fitness level and how you feel.

Make sure you rest for 1 minute to 90 seconds between each set of exercises.

- Beginners** – 10 Repetitions for 3 Sets each side
- Intermediate** – 15 Repetitions for 3 Sets each side
- Expert** – 20 Repetitions for 3 Sets each side

