

Core workout with Sam Rodman from Cornish Pirates RFC



Flutter Kicks



Explanation

Starting position	Performing the movement	Finishing the movement
Lie down on your back Hands by your side legs raised at a 45 degree angle roughly and have your legs straight Have the feet slightly apart	Raise one leg up at the same time lower one leg keeping your core engaged and active Keep the movement of the legs going up and down controlled	Once finished lower legs to the floor

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** – 5 reps per leg for 3 Sets
- Intermediate** – 10 reps per leg for 3 Sets
- Expert** – 20 reps per leg for 3 Sets

