

Summer 6 Pack

Dashboard abs are not just for show, they'll protect your lower back against injury when you spend long hours of spring training on the bike too assures **Joëlle Sleebos**.

The days are getting longer, and we can finally look forward to the arrival of summer! But that means we will be wearing beach clothes again very soon... So my question to you is: are you ready for summer?

Who does not want a slimmed-down waist or even a 6-pack? Strong core muscles don't only look nice though, they are also extremely important in order to protect our lower backs. Working with cyclists at the Concept Studio in Sea Point, I am

also aware how important a strong core is for your performance.

Yes, as a cyclist your legs and gluts provide the most tangible source of power, but your abs and lower back are the vital foundations from which all movement, including the pedal stroke, stems. A solid core will help eliminate unnecessary upper-body movement, so that all the energy you produce is delivered into a smooth, efficient and powerful pedal stroke. Unfortunately cycling's tripod position, in which the saddle, pedals and handlebar support your weight, relies on core strength but doesn't build it, so you need to do off-the-bike exercises. 

More Core
For more yoga core exercises scan this QR Code or visit:
www.fullsus.co.za/category/yoga/




Joëlle Sleebos has 16 years of experience in the fitness industry as a group fitness instructor and became a personal trainer in 2012. She's been teaching yoga since 2010, when it also became her main form of exercise. Follow Joëlle on Twitter at [@JoelleSleebos](https://twitter.com/JoelleSleebos) or on Facebook: [Joëlle Sleebos – Getting Personal](https://www.facebook.com/JoelleSleebos-GettingPersonal).

Yoga Core



Before starting the next series of yoga poses, please warm-up with Suryanamaskara A series – as described in the June/July issue of Full Sus, or scan this QR code to view it online.

The following series of poses focus mainly on strengthening your core. Whether you want a 6-pack, reduce back pains or improve your performance on your bike - do this intense routine at least four times a week and you will see and feel the difference!

Knee to Elbow Pose



Exhale: Right knee to your right elbow/triceps.

Notes: Shoulders above your hands, straight spine, pull in your belly and activate your legs.

(Easier option: Left knee on the floor as you move your right knee forwards.)

Hold Pose: hold the Knee to Elbow Pose for 5 breaths to feel your core muscles engage.

Downward Facing Dog



Start in the Downward Facing Dog pose.

3 Legged-Dog



Inhale: Lift your right leg – point or flex foot actively.

3 Legged-Dog



Inhale: Lift your right leg – point or flex foot actively.

Downward Facing Dog



Exhale: Right foot back down to the mat, feet a hip-width apart.

Child's Pose



Rest and breath before repeating with the left leg.