

## Reverse March

### Seated Core Work

**Purpose:** Chair exercise to strengthen the abdominal core

**Target Muscles:** Abdominals

**Assisting Muscles:** Hip flexors and lower back

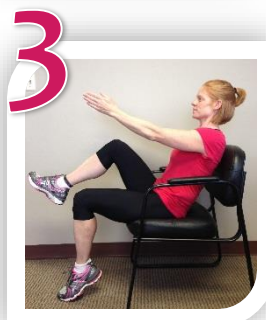
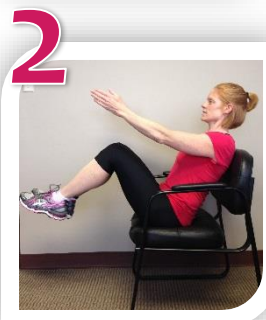
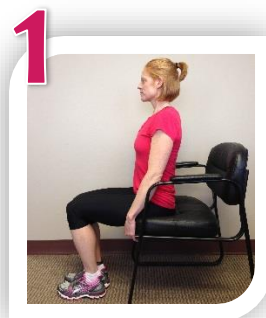
**Equipment Needed:** Chair (that doesn't tilt or roll)

**Start:** Begin seated in a sturdy chair. Scoot forward to bring your hips to the edge of the chair. Sit tall with good posture and hold on to the arm rests over the outer edges of the seat.

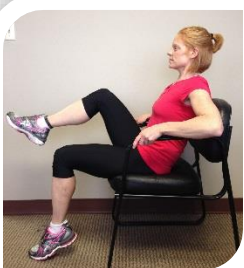
**Engage the Core:** Lean the torso back, hinging at the hip area to keep the spine straight. Imagine a straight line from the top of your head to the tip of your tailbone. Raise both feet off of the floor keeping a 90-degree bend in the knees. Extend the arms out over the thighs. Contract the hip flexors and core muscles to hold the body in this position.

**Reverse March:** Slowly lower the toes of the right foot down to tap the floor, then return back up. Do the same with left foot, to repeat this movement on the other side. Continue alternating to complete 8-12 reps. Rest for 30-seconds and repeat for two to three sets total.

**Form Tips:** Use the core to stabilize the hips and torso. There should be little to no movement in the upper body throughout this exercise. If you feel your back start to arch and lose proper form, stop and rest, or try the modification below.



## Modification



From the seated position, lean the torso back but start the exercise with both feet on the floor instead of elevated. Hold on to the arm rests and raise one knee/foot up at a time. Continue alternating raising right and left legs up to complete a set of 8-12 reps. This provides a modest amount of tension on the core.