

# Age Less Move More

## Power Up Your Core Movement Sheet



**Elbow Dog** - From all fours, take your elbows in toward one another and down to the floor. Roll your inner arms out and breathe in and out of your belly. When ready step your right foot back and press through the outer edge of your heel. Step your left foot back and push through both heels. Keep your head and neck loose and free.

Hold and breathe as long as you can.

This is the best pose to power up your core!