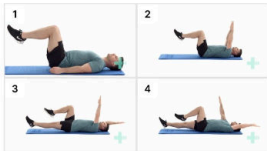


Core exercises

1 Set / 10 Reps



1. "Dead bug" Core/abdominal stabilization; 02

Lie on your back and bring your legs up to table-top position with your hips and knees at 90 degrees.
Raise your arms straight up vertically over your head.
Keeping your back flat, lower the opposite arm and leg away from one another towards the floor.
Do not allow anything else to move and make sure your back stays flat on the floor.
Return to the start position and repeat with the other pair.

1 Set / 10 Reps / 5 s hold



2. "Crunch" Core/abdominal strengthening, arms crossed; 02

Lie on your back with your knees bent and your feet flat on the floor.
Cross your arms over your chest and flatten the small of your back against the floor.
Gradually tuck your chin in, so that you feel the muscles on the back of your neck lengthen.
Keep your chin tucked in as you sit up.
Lower yourself back down to the floor, maintaining this position with your head.

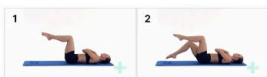
1 Set / 10 Reps



3. "Plank, side (low)" Core/scapular stabilization, with dips; 01

Lie on your side and lift yourself in to a plank on your elbow, with a straight line from your head to your feet.
Drop your hips down until they are just off the floor, and then bring them back up.

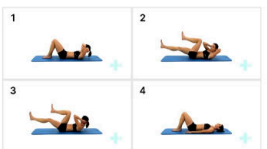
1 Set / 10 Reps / 1 s hold



4. Core/abdominal stabilization, cycling legs, supine; 01

Lie on your back with your arms across your chest.
Bend one leg up then the other so that your feet are off the floor in a table top position.
Control the body by using your abdominal muscles.
Begin cycling your legs in the air, ensuring you maintain good stability in your lower back.
Do not hunch your shoulders or arch your lower back during the movement and remember to breathe evenly.
The further away you cycle your legs, the more of a challenge this exercise becomes.

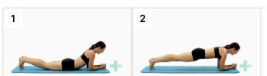
1 Set / 10 Reps



5. "Crunch, cross-body" Core/abdominal strengthening, cycling legs

Lie on your back and lift your legs up so your hips and knees are at 90 degrees.
Place your hands behind your head and tuck your chin to your chest, lifting your head up into a crunch position.
Keeping your lower back pushed into the mat, pedal your legs like you're riding a bike.
Bring your opposite knee to opposite elbow as you pedal your legs.

1 Set / 5 Reps / 10 s hold



6. "Plank (low)" Core/scapular strengthening isometric; 01

Lie on your front with your toes on the floor.
Place your forearms on the floor and push up, lifting your torso and legs.
Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.
Keep your buttocks squeezed and your hips level.
You will feel the core muscles working.

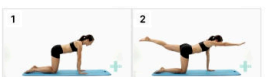
1 Set / 10 Reps / 5 s hold



7. "Plank (low)" Core/scapular strengthening isometric, arms on stability ball; 02

Get into a plank position with your elbows on a stability ball.
Hold this position with your back flat and a straight line from your head to your feet.

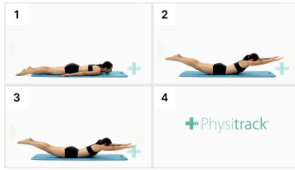
1 Set / 10 Reps



8. "Bird dog" Core/abdominal stabilization; 01

Start on your hands and knees, with your hands under your shoulders, and knees under your hips.
Tighten the abdominal core muscles.
Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your torso.
Do not allow your body or hips to rotate.
Repeat on the other side.

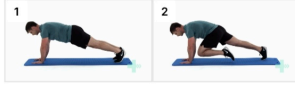
1 Set / 5 Reps / 1 s hold



9. "Superman" Core/trunk extension strengthening; 01

Lie on your front and extend your arms straight out in front of you. Simultaneously lift and lengthen your arms and legs. Hold for a moment and then return to the starting position.

1 Set / 10 Reps



10. "Mountain climbers" Core/total body strengthening

Adopt a plank position insuring your hands are directly beneath your shoulders. Fully flex one hip and hold. Extend the bent leg to the rear and repeat the movement pattern on the opposite side

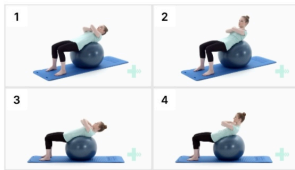
1 Set / 10 Reps



11. Pilates hundred level 2

Lie on your back with your legs bent and your feet flat on the mat and your arms overhead. Exhaling, draw your abdominals in and lift your head and chest off the mat and bring your arms over and down by your sides, palms facing down. Keep pumping your arms up and down. INHALE deeply for 5 pumps, then EXHALE deeply for 5 more pumps. Continue on with the 5 arm movements per breathing action until you have completed the desired number of pumps. Keep the pumps small and do not use your arms excessively. Maintain a contraction in your abdominals throughout. Exhaling, lower your head and chest back onto the mat and relax

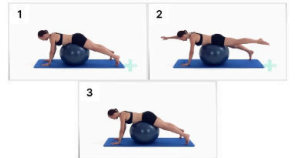
1 Set / 10 Reps



12. "Crunch" Core/pelvic floor strengthening, supine on stability ball

Lie your back on a stability ball with your knees bent and your feet flat on the floor. Place your hands across your chest. Push your lower back down into the ball. Tighten your stomach and pelvic floor muscles. Gently lift your head and shoulders a little way up off the ball. Slowly lower back down.

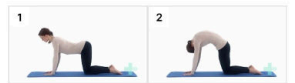
1 Set / 10 Reps



13. Core stabilization, lifting opposite arm and leg, prone on stability ball; 04

Start in a kneeling position. Place a stability ball in front of you and reach over the ball to the other side and put your hands on the floor. Steadily extend your opposite arm and leg maintaining good stability in your body. Return to the start position and repeat using the other arm and leg.

1 Set / 10 Reps / 5 s hold



14. "Cat and camel" Trunk flexion/extension AROM, quadruped; 01

Start on your hands and knees with your back in a neutral position. Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine. Hold this position. Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back. Hold this position, and then repeat.

1 Set / 10 Reps



15. Core/abdominal stabilization, lowering/lifting bent leg, supine legs 90/90

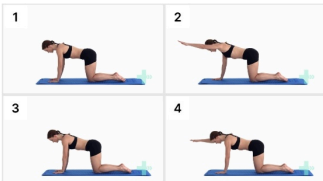
Lie on your back with your legs bent and your feet flat on the floor. Place your hands on your abdomen and tighten your abdominal muscles. Raise one leg, and then the other leg, up to the table-top position, with your hips and knees at 90 degrees. Maintaining a strong stable position with your back, lower one heel down towards the floor, then return to the table-top position. Repeat with the other leg. Continue this movement, ensuring you do not allow your lower back to arch.

1 Set / 10 Reps / 3 s hold



16. Lower trunk rotation AROM, arms out to side, supine feet standing

Lie on your back with your knees bent and your feet flat on the floor. Extend your arms out to the sides and keep your shoulders on the mat at all times. Keeping your knees together, drop them down to one side, rotating your torso. Return to the starting position and allow your knees to fall to the opposite side. Only drop your knees as far as you go comfortably. Hold the stretch on each side if you are able to.

**17. Core stabilization, lifting arm (alternate), quadruped; 02**

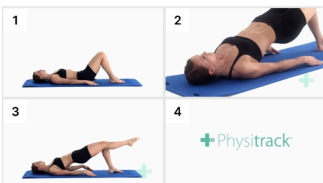
Start on your hands and knees, with your hands under your shoulders, and knees under your hips.
Keep your back straight and your hips in a neutral position.
Lift one arm up and keep your elbow straight.
Ensure your body and hips do not move throughout this movement.
Lower the arm and repeat.

1 Set / 10 Reps / 1 s hold

**18. "Plank, kneeling" Core/scapular strengthening isometric; 02**

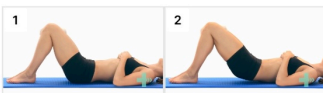
Lie down on a mat on your front.
Lift your chest up off the floor using your forearms.
Lift your hips up, keeping your knees on the floor.
You should have a straight line from your knees to your shoulders.
Keep your shoulders strong and do not sink down at the hips or the chest.
Hold for as long as you can.
Relax and return to the starting position.

1 Set / 10 Reps / 3 s hold

**19. "Bridge" Core/hip stabilization, straightening leg (alternate); 01**

Lie on your back with your knees bent and your feet flat on the floor.
Tighten your buttock muscles and lift your hips up into the bridge position.
Lift one foot off the floor then straighten your knee until it is aligned with your other thigh.
Hold this position.
Lower the leg back on the floor and repeat with the other leg.
Make sure you keep your hips up and level throughout the movement.
you can spread feet farther apart . start with 5 each side. work up to 10

1 Set / 10 Reps / 5 s hold

**20. "Pelvic tilt" Core/abdominal strengthening, with breath, supine**

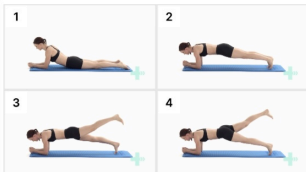
Lie on your back with your legs bent and place a small towel between your knees.
Keep your feet hip width apart.
Take a deep breath in, allowing your tummy to inflate.
Breathe out, gather your tummy and your pelvic floor.
Repeat, breathing in, relaxing your tummy.
As you breathe out, gather your tummy, your pelvic floor and add the pelvic tilt by pushing your heels down, tilting your pelvis upwards so it just off the mat to a height of 1 to 2 inches.
Breathe in and lower your pelvis back down, making sure you roll down one vertebra at a time, relax your pelvis.
Repeat this movement.
Remove the towel, bring your legs down, one by one, starting with the right, and the left and return to the starting position.

1 Set / 10 Reps / 3 s hold

**21. Core/pelvic floor stabilization, lifting leg (alternate), quadruped**

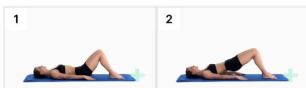
Start on your hands and knees, with your hands under your shoulders, and knees under your hips.
Make sure your back is flat.
Gently squeeze your pelvic floor and stomach muscles.
Without moving your back, slowly lift one leg out behind you.
Bring the leg back down.
Repeat with the other leg.
Keep your back still throughout the movement.

1 Set / 10 Reps / 3 s hold

**22. "Plank (low)" Core/scapular stabilization, with hip extension, leg straight; 02**

Lie face down with your upper body supported on your elbows and your forearms on the floor.
Tighten your abdominal muscles and lift your hips and legs up until your trunk is straight, moving into a plank.
Lift one leg upward and lower it down.
Alternate and repeat with the other leg.
Keep a straight spine throughout the exercise and do not allow your lower back to arch.
Repeat the exercise.

1 Set / 10 Reps / 5 s hold

**23. "Bridge" Core/gluteals strengthening; 04**

Lie on your back with your knees bent and your feet flat on the floor.
Tighten your buttock muscles and lift your hips up into the bridge position.
Make sure you keep your hips up and level throughout the movement.



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