

# CORE EXERCISES

Perform 3x per week

Adjust as needed

Start with 1 set of 10, build up to 3 sets of 10



Complete 1 set    Hold 1 mins

## Plank Elbows

Plank on elbows - Start with 15-30 seconds and build up to 1 minute.

Modification:

Easier: On knees

Advanced: On hands

up/down

Saw

Mt. Climbers



Complete 2 set    Hold 15 secs

## Side plank

Side Plank perform each side - Start with 15-30 seconds and build up to 1 minute.

1) keep hips elevated

2) squeeze glutes

Modification:

Easier: Leg down

Advanced: side crunch

"Thread the Needle"



Complete 1 set    Repeat 10 times

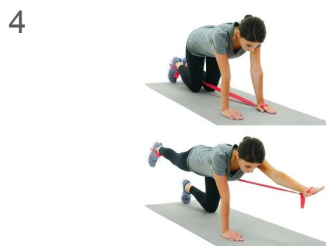
## Superman

Raise both arms and both legs, relax and repeat.

Modification:

Advanced: alternating arm/leg

Easier: just legs or arms



Complete 1 set    Repeat 10 times

## BIRD DOG

Start in a crawling position. Begin to perform alternate arm and leg lift on the side as shown. Perform on one side and repeat on the other side.

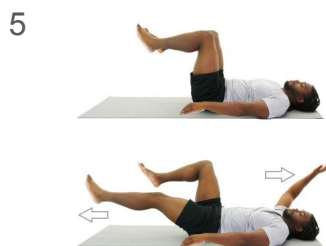
Modification:

Easier: just arm or leg

Advanced: On toes

with band

Same arm/leg



Complete 1 set    Repeat 10 times

## DEAD BUG

While lying on your back with your knees and hips bent to 90 degrees, use your stomach muscles and maintain pelvic neutral position. Do not allow your spine to move.

Hold pelvic neutral and then slowly straighten out a leg without touching the floor. At the same time raise an opposite arm over head. Do not allow your spine to arch during this movement.

Return to starting position and then repeat on the opposite side.

6 **McGill Curl Up-modified**



Repeat 5 times    Hold 8 secs

- Lying on your back, put lumbar night roll in the small of your back to keep your natural arch. Place your hands behind your head.
- One leg should remain straight while the other leg is bent.
- Lift your head, shoulders, and chest as one unit. Your shoulders should just start to come up off the table.
- Hold up to 8 seconds
- Switch legs and repeat

7 **BRIDGE - BRIDGING**



Complete 1 set    Repeat 10 times

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

8 **SUPINE BRACE - DOUBLE OR SINGLE LEG LIFT**



Complete 1 set    Repeat 10 times

While lying on your back, place your hands under your buttocks. Tilt your pelvis so that your lower back moves towards the floor and hold this position. Next, raise your legs up in the air one/both at a time Maintain your lower spine held towards the floor the entire time.

- Modification:
- Easier: Single leg lift
  - Advanced: Lift legs higher
  - Scissor/flutter kicks

9



Complete 2 set  
Hold 5 seconds

Repeat 10 times

## HOLLOW HOLD

- Lay on back
- Perform posterior pelvic tilt, flatten back and tighten core
- Lift arms and legs off mat
- Hold, relax, repeat

Modification:

Easier: Knees bent

Advanced: Rock forward/back, side-to-side

10



Complete 3 set

Repeat 10 times

## V UPS

- Lie on your back and extend your arms behind your head. Keep your feet together and toes pointed.
- Keep your legs straight and lift them up as you simultaneously raise your upper body off the floor. Keep your core tight as you reach for your toes with your hands. Slowly lower yourself back down to the starting position.

Modification:

Easier: knees bent