

## CORE STRENGTHENING EXERCISES

### Curl Up

Lie on your back, palms down under small of back. Keep one leg straight and one leg bent to 90°. Contract abs and glutes before starting curl up –feel your back push down on your hands. Focus on raising the head, neck, shoulders, breastbone, and rib cage as a unit (make believe your head is bolted to your neck like Frankenstein and that it cannot move forward or backward). Leave your elbows on the floor. If your neck hurts, you must perform isometric neck exercises. Also, place your tongue on the roof of your mouth just behind the front teeth.



### Prone Plank

#### Progression #1: Off Knees

Elbows under shoulders, knees behind hips. Make sure your abs and glutes are tight when you hold this position. Start with 15 seconds hold, rest for 30 seconds and perform 3-5 holds. Build to 60 seconds hold before going to Progression #2.



#### Progression #2: Off Toes

Elbows under shoulders, on toes. Make sure your abs and glutes are tight when you hold this position. Start with 15 seconds hold, rest for 30 seconds and perform 3-5 holds. Build to 1-minute hold.



### Side Bridge

#### Progression #1: Off Knees

Lie on your side, knees bent to 90°, supported by elbow bent to 90°. Place the free hand on your opposite shoulder or leave it along your side. Keep torso straight and lift buttocks off the ground. Keep hips forward, squeeze buttocks and abs tight. Hold right side for 15 seconds, then left side 15 seconds, rest 30 seconds. Perform 3-5 holds. Build to 1-minute hold on each side before moving to Progression #2.



#### Progression #2: Off Toes

Lie on your side, supported by elbow bent to 90°. Same as above. Hold right side for 15 seconds, then left side 15 seconds, rest 30 seconds. Perform 3-5 holds. Build to 1-minute hold on each side.



### All Fours

Get on all fours, knees under hips and hands under shoulders. Squeeze your buttocks and abs. Reach forward with one arm to a horizontal position and hold for 5 seconds. Reach back with one leg to a horizontal position and hold for 5 seconds. Make your limbs “long” when your reach. Repeat with opposite arm and leg.



Once you can reach with a single limb and keep your torso stable, reach forward with the right arm and reach back with the left leg to a horizontal position. Hold for 5 seconds on each side and perform 3-reps. Repeat sequence 1-2 more times.

