



# Core Strengthening

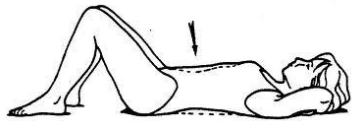
## Cat camel

- Assume the all 4's position
- Tilt the pelvis forward and look towards the roof
- Then, tilt the pelvis backwards and look towards the floor
- Repeat 10 times



## Abdominal hollow

- Lay on your back with your knees bent.
- Draw in your abdomen slightly bringing your belly button closer to your spine.
  - This should feel like a deep tightening in your lower abdomen.
- Hold this position whilst continuing to breathe normally.
- Relax and repeat



Reps: \_\_\_\_\_  
Sets: \_\_\_\_\_

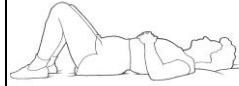
## Kegel

- Sitting, lying or standing position.
- Pretend as though you are urinating & try to stop midway.
- You should feel your pelvic floor contract
- Hold this contraction whilst continuing to breathe normally.
- Relax & repeat

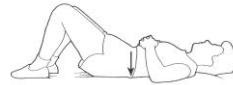
Reps: \_\_\_\_\_  
Sets: \_\_\_\_\_

## Pelvic tilt/rocking

- Lye on your back with your knees bent.
- Tilt your pelvis forwards, increasing the arch in your lower back
- Then tilt your pelvis backwards, flattening the arch.



Reps \_\_\_\_\_  
Sets \_\_\_\_\_



## Bird dog

- Position yourself on all 4's.
- Slowly straighten *1 arm* then slowly return it back
- Repeat on opposite side
- Ensure you maintain a 20-30% abdominal brace whilst performing this exercise.

Reps: \_\_\_\_\_  
Sets: \_\_\_\_\_

## Progressions

1. Slowly straighten *1 leg* then slowly return it to start position. Repeat on opposite side.
2. Perform above exercises together using the *opposite arm and opposite leg*.





### Dead bug

- Lay on your back with hips and knees bent to 90° with arms by your side with palms face down.
- Slowly straighten one leg then slowly return it to the bent position.
- Repeat on the opposite side.

Reps: \_\_\_\_\_

Sets: \_\_\_\_\_

### Progressions

- 1) Keeping the legs in the bent position, place your arms with shoulders at 90°. Slowly extend the arm, and then slowly return it to start position. 10 repetitions each side.
- 2) Position as previous progression, straighten one leg at a time. Alternate each side. Keep arms still.
- 3) Perform opposite leg with opposite arm movements at the same time

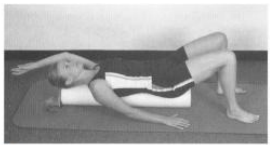


Figure 26.12 (A) Beginner dead bug on foam, start position. (B) Beginner dead bug on foam.

### Side bridge

- Lie on your side, lower forearm on the ground and knees bent.
- Place the hand of the upper arm on the ground for support
- Lift your pelvis off the ground
- Hold this position

Reps: \_\_\_\_\_

Sets: \_\_\_\_\_

### Progressions

- 1) Place upper hand on your hip
- 2) Straighten knees.



### Back extensions

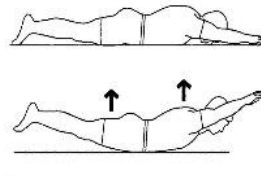
- Lie face down with your hands flat on top of each other in front of your face.
- Keep your neck in the neutral position.
- Keeping your torso stationary, lift your chest several inches off the ground.

Reps: \_\_\_\_\_

Sets: \_\_\_\_\_

### Progression

1. Place your arms above your head and lift them off the ground as you extend.
2. Lift your legs and arms off the ground as you extend.



### McGill Crunch

- Lay on your back with one knee bent and the other straight.
- Place your hands in the small of your back with the palms down and elbows touch the ground
- Perform the abdominal brace
- Raise your trunk to a point just below the shoulder blades without curling the spine.
- Ensure that your chin is tucked and note poking out.

Reps: \_\_\_\_\_

Sets: \_\_\_\_\_

### Progressions

1. Perform with elbows lifted off the floor.
2. Perform with arms crossed over chest.
3. Perform with hands behind head



### Front Bridge

- Lie flat on your stomach with your forearms on the ground.
- Lift your abdomen up so it is parallel to the floor
- Keep your forearms and knees in contact with the ground.
- Hold this position.

#### Progression

1. Lift your knees off the ground so you are on your toes.
2. Lift one foot off the ground. Do each side.



### Supine bridge

- Lie in the hook-lying position with your hands by your side and palms down.
- Perform the abdominal Brace and maintain throughout exercise
- Elevate your pelvis so there is a straight line between your knees, hips and shoulders.
- Hold this position

Reps: \_\_\_\_\_

Sets: \_\_\_\_\_

#### Progressions

1. Cross arms over chest
2. Place arms straight out in front of you with shoulders at 90°
3. Elevate one leg with arms in above position

