

Core Exercises

When performing all core exercises and especially bridge exercises activate the core area by attempting to pull the bellybutton through to the spine and breathe with slow controlled breaths.

Perform exercises 2-3 days per week for 4-6 weeks.

1. Bicycle Maneuver

Lie flat on the floor with your lower back pressed to the ground. Put your hands beside your head. Bring knees up to about 45-degree angle and slowly go through a bicycle pedal motion. Touch your left elbow to your right knee, then your right elbow to your left knee. Keep even relaxed breathing.



Perform 2 sets for 30-40 seconds each time (20 seconds rest between sets).

2. Hip Roll



Lie flat on the floor with your lower back pressed to the ground. Place your arms wide (different to the diagram). Bring knees up to about 45-degree angle (or feet on floor like diagram). Without letting your shoulders lift off the ground, slowly lower legs to the floor on the left side, then reverse the movement to the right. Perform 2 sets of 10 slow rolls to each side (20 seconds rest between sets).

3. Normal Sit-up



Lie flat on the floor with your lower back pressed to the ground. Place hands behind ears, feet flat on floor, knees bent. Slowly raise upper body (inhale) as far as possible, hold for 2 seconds and slowly lower (exhale) back down, not letting shoulders touch floor.

Perform 2 sets of 15 reps (20 seconds rest between sets).

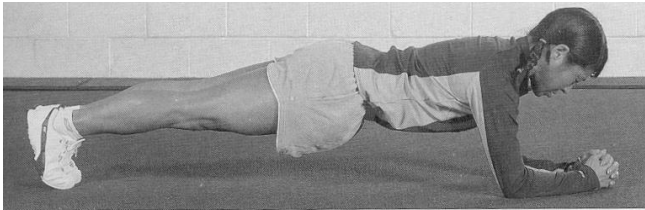
4. Alternate Supermans



Start with all fours on the floor. Raise left hand and right leg together keeping a straight line. Return to starting position and raise right hand and left leg together.

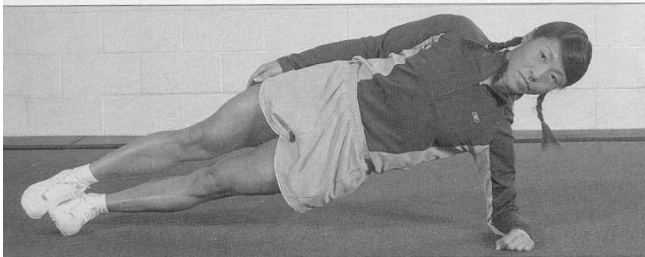
Perform 2 sets of 10 reps on each leg (20 seconds rest between sets).

Bridges



5. Front bridge

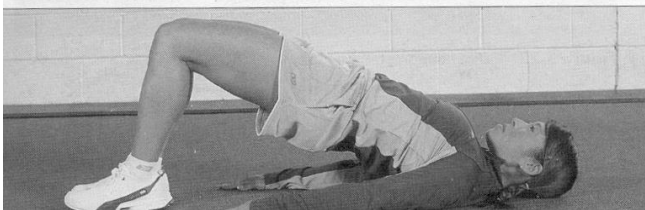
Lie face down supported by elbows and toes, keep back flat.



6. Side Bridge

Supported by left elbow and side of left foot. Keep a straight line.

Perform on left/right sides.



7. Back Bridge

Feet flat on floor, arms down by sides, raise hips up and keep a straight line from shoulder to knee

Hold each bridge position for 20 seconds.

Perform 2 sets (10 seconds rest between sets).