


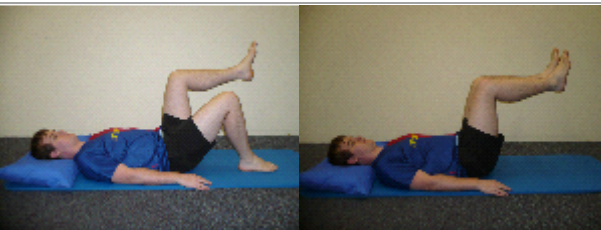


## CORE STABILITY EXERCISES

EXERCISE	DETAILS
	<p><b>Core Tightening</b></p> <ul style="list-style-type: none"> <li>• Inhale to prepare</li> <li>• Exhale to gently draw belly button down towards spine</li> <li>• Ensure you don't hold your breath or brace through your outer abdominals</li> <li>• Inhale to hold</li> <li>• Exhale to hold</li> <li>• Relax</li> <li>• Repeat ___ times, then hold for ___ breaths</li> </ul>
	<p><b>Knee Openings</b></p> <ul style="list-style-type: none"> <li>• Inhale to prepare</li> <li>• Exhale to gently draw belly button down towards spine</li> <li>• Ensure you don't hold your breath or brace through your outer abdominals</li> <li>• Inhale to lower (R) knee out to the side</li> <li>• Exhale to control back to the middle</li> <li>• Relax</li> <li>• Repeat with (L) leg</li> <li>• Repeat ___ sets of ___ reps</li> </ul>
	<p><b>Leg Lifts</b></p> <ul style="list-style-type: none"> <li>• Inhale to prepare</li> <li>• Exhale to gently draw belly button down towards spine</li> <li>• Ensure you don't hold your breath or brace through your outer abdominals</li> <li>• Inhale to lift (R) leg up to tabletop</li> <li>• Exhale to control leg back down</li> <li>• Relax</li> <li>• Repeat with (L) leg</li> <li>• Repeat ___ sets of ___ reps</li> </ul>
	<p><b>1 and 1</b></p> <ul style="list-style-type: none"> <li>• Inhale to prepare</li> <li>• Exhale to gently draw belly button down towards spine</li> <li>• Ensure you don't hold your breath or brace through your outer abdominals</li> <li>• Inhale to lift (R) leg up to tabletop</li> <li>• Inhale to lift (L) leg up to tabletop</li> <li>• Exhale to lower (R) leg down</li> <li>• Exhale to lower (L) leg down</li> </ul>



- Repeat \_\_\_ sets of \_\_\_ reps

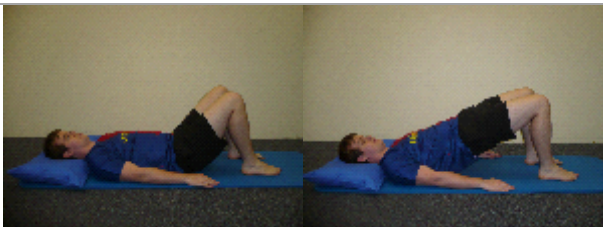
### Toe Taps

- Inhale to prepare
- Exhale to gently draw belly button down towards spine
- Ensure you don't hold your breath or brace through your outer abdominals
- Inhale to lift (R) leg up to tabletop
- Inhale to lift (L) leg up to tabletop
- Exhale to tap one toe down to mat
- Inhale to bring back up
- Repeat with other leg
- Repeat \_\_\_ sets of \_\_\_ reps



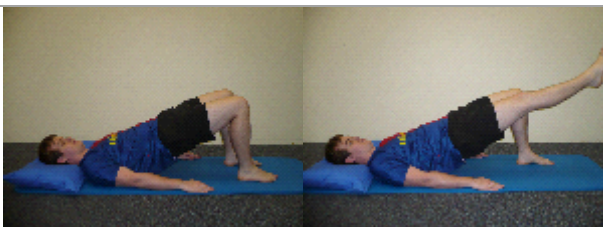
### Toe Taps and Leg Extension

- Inhale to prepare
- Exhale to gently draw belly button down towards spine
- Ensure you don't hold your breath or brace through your outer abdominals
- Inhale to lift (R) leg up to tabletop
- Inhale to lift (L) leg up to tabletop
- Exhale to extend one leg out
- Inhale to bring back up
- Repeat with other leg
- Repeat \_\_\_ sets of \_\_\_ reps



### Pelvic Curl

- Inhale to prepare
- Exhale to tilt pelvis back
- Squeeze gluts
- Curl spine up one vertebrae at a time
- Inhale to hold
- Exhale and roll spine back down one vertebrae at a time
- Repeat \_\_\_ sets of \_\_\_ reps



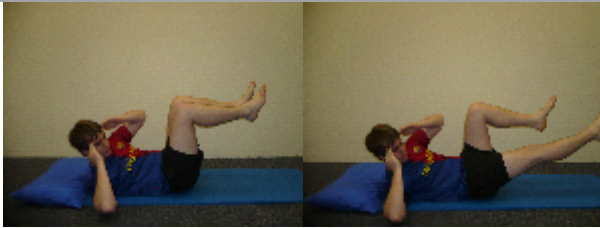
### Pelvic Curl and Knee Extension

- Inhale to prepare
- Exhale to tilt pelvis back
- Squeeze gluts
- Curl spine up one vertebrae at a time
- Inhale to hold
- Exhale and extend one leg
- Bend leg back then repeat with other leg
- Exhale and roll spine back down one vertebrae at a time
- Repeat \_\_\_ sets of \_\_\_ reps



#### 4 Point Kneeling, Opposite Arm and Leg

- Start on hands and knees
- Draw shoulders wide
- Slight curve in lower back
- Exhale and extend one leg behind
- Inhale and bring leg back in
- Progress to extending the opposite arm out in front at the same time
- Repeat \_\_\_ sets of \_\_\_ reps



#### Oblique Crunch

- Lying on back with knees bent up
- Exhale and lift shoulder towards opposite knee
- Inhale to lower shoulder down
- Repeat with opposite side
- Progress to holding legs up in tabletop
- Progress to extending opposite leg as shoulder lifts up
- Repeat \_\_\_ sets of \_\_\_ reps



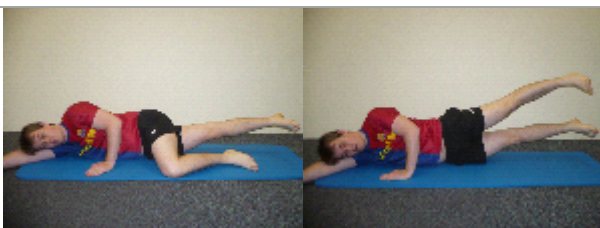
#### Clams

- Lying on side
- Exhale and rotate top knee towards ceiling
- Inhale and lower top knee back down
- Don't let leg hip roll back
- Repeat \_\_\_ sets of \_\_\_ reps



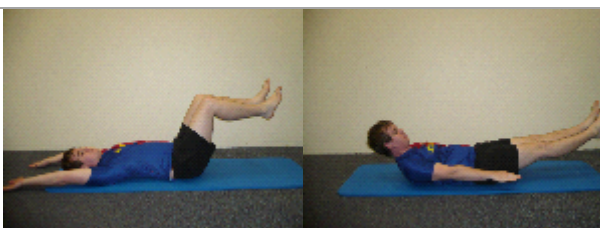
#### Side leg lifts

- Lying on side
- Exhale and lift top leg to ceiling
- Inhale and lower top leg back down
- Don't let leg hip roll back
- Repeat \_\_\_ sets of \_\_\_ reps



#### Inner leg lift

- Lying on side
- Exhale and lift bottom leg to ceiling
- Inhale and lower bottom leg back down
- Don't let leg hip roll back
- Repeat \_\_\_ sets of \_\_\_ reps



#### 100's

- Lying on back with arms extended behind head
- Legs in tabletop position
- Exhale and bring arms forward to side as legs extend
- Inhale and return to starting position
- Repeat \_\_\_ sets of \_\_\_ reps





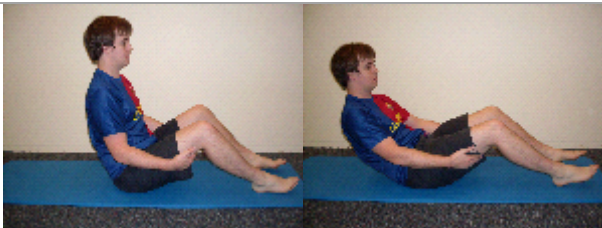
### Plank

- On front, supported by forearms and either feet or knees (knees is easier)
- Maintain neutral spine and avoid sticking bottom up or letting lower back collapse
- Ensure flat through upper back
- Repeat \_\_\_ sets of \_\_\_ reps



### Chest lift

- Set through pelvic floor and deep abdominals
- Inhale and lengthen neck
- Exhale and lift head, neck and shoulders
- Inhale and hold
- Exhale and lower back down
- Repeat \_\_\_ sets of \_\_\_ reps



### Roll up

- Sitting with hands under thighs
- Inhale to prepare
- Exhale and tuck tailbone under, continually tucking pelvis under while still controlling movement with abdominals
- Inhale to hold
- Exhale roll pelvis forward, using lower abdominals to control the movement
- Repeat \_\_\_ sets of \_\_\_ reps



### Leg circles

- Lying on back with neutral spine
- Inhale and set through deep abdominals and pelvic floor
- Exhale and lower leg towards mat, keeping pelvis stable
- Inhale and return to start position in a semi-circle, ensuring that the other side of pelvis doesn't lift up
- Repeat \_\_\_ sets of \_\_\_ reps





### Side to side wide

- Inhale and set through deep abdominals and pelvic floor
- Exhale and lower right knee to the side, keeping left pelvis stable
- Inhale and bring left knee across, lifting pelvis on left side
- Exhale and bring both legs back to original position, keeping pelvis stable
- Repeat with other side
- Repeat \_\_\_ sets of \_\_\_ reps

### Pelvic curl and lift (against wall)

- Inhale to prepare
- Exhale to tilt pelvis back
- Squeeze gluts
- Curl spine up one vertebrae at a time
- Inhale to hold
- Exhale and roll spine back down one vertebrae at a time
- Ensure pelvis stays tucked under while lowering back to the floor
- Repeat \_\_\_ sets of \_\_\_ reps