

MAY 25, 2022



# Restore Your Core



**12**  
EXERCISES



# CORE PROGRAM



## 1 BREATHING CONTROL, WITH DIAPHRAGM, LEGS 90/90, SUPINE

1 SET / 10 REPS / 10 S HOLD



- Lie on your back with your legs elevated on a chair or bed.
- Your hips should be at 90 degrees, as should your knees.
- Ensure your head is well supported so that you can relax in this position. Place your hands on your abdomen, either side of your belly button.
- The focus of this exercise is your breathing and diaphragmatic movement. Breathe in.
- Imagine the air filling down to the bases of your lungs and round to the back of your rib cage.
- As you steadily inhale, you should feel your belly rise into your hands.
- Breathe out.
- Imagine the air being pushed from the base and back of your lungs as it moves further up and finally out of your mouth.
- As you exhale you should feel your belly relax down again.
- Continue this movement, focusing on your belly rising up as you inhale, and relaxing back down as you exhale.
- Do not allow the bottom of your ribs or your back to push upwards as you inhale

## 2 CORE/PELVIC FLOOR STRENGTHENING, WITH BREATH, SUPINE; 02

1 SET / 10 REPS / 10 S HOLD



- Lie on your back with a small rolled-up towel by your side.
- Raise your right knee to 90 degrees by sliding the back of your heel along the mat. Raise your left knee to the same position.
- Keep your feet hip-width apart and place the towel between the knees.
- Breathe in deeply making sure the air goes all the way down to your lower stomach and the belly button pushes outwards.
- As you breathe out gather your tummy in, pulling your belly button inwards towards your spine and tensing your pelvic floor muscle.
- Repeat again, breathing in and relaxing the tummy.
- Breathe out and gather your tummy in, pulling your belly button inwards towards your spine and squeezing your pelvic floor.
- Repeat once more.
- Remove the towel and bring your legs down, one by one, starting with the right, and then the left to return to the starting position.

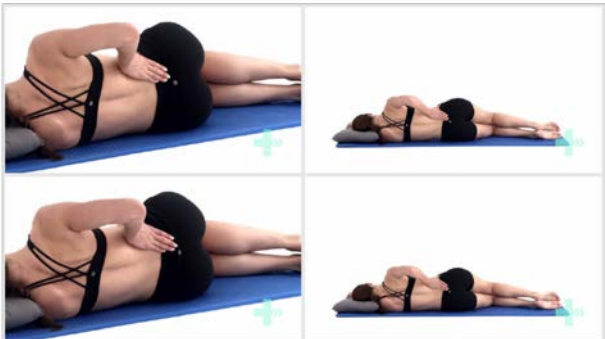
### 3 TRANSVERSUS ABDOMINUS IN HOOK LYING



**1 SET / 10 REPS / 10 S HOLD**

- Lie on your back with your knees bent and your feet flat on the floor.
- Place your hands on your lower tummy just inside your hip bones.
- Gently tighten your tummy muscles, pulling your belly button in towards your spine.
- You should feel your back flat on the floor.
- Do not hold your breath.
- Relax and repeat.

### 4 CORE/PELVIC FLOOR AND MULTIFIDUS ACTIVATION, WITH BREATH, SIDE LYING



**1 SET / 10 REPS / 10 S HOLD**

- Lie on your side with your knees bent and your feet roughly in line with your bottom.
- Place your fingers at the base of your spine, about a centimetre out from the ridge of your spine.
- Breathe in and out several times, focusing on expanding your lower ribcage. Gently pull your pelvic floor and your lower stomach muscles up and back in towards your spine and try to tighten the muscles underneath your fingers.
- If you are having difficulty, imagine you are going to arch your back under your fingers and you should feel the muscles start to contract.
- Try to maintain the tension as you breathe in and out.
- Hold this contraction, then relax.
- As you get better, try to increase how long you hold the contraction for.

### 5 "BIRD DOG" CORE/ABDOMINAL STABILIZATION; 01



**1 SET / 30 REPS**

- Start on your hands and knees, with your hands under your shoulders, and knees under your hips.
- Tighten the abdominal core muscles.
- Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your torso.
- Do not allow your body or hips to rotate.
- Repeat on the other side.

## 6 "PALLOF PRESS" TRUNK ROTATION STABILIZATION, WITH BAND, BRIDGING, ARMS EXTENDED, SUPINE

1 SET / 30 REPS



- Lie on your back with your knees bent and feet flat on the floor.
- Secure a resistance band to a point to one side of you.
- Hold the other end of the band in both hands, with your arms fully straightened in front of you.
- Tighten your abdominal and buttock muscles, and lift your hips up into the air into a bridge.
- Control the movement against the pull of the band, ensuring your knees, hips and shoulders remain square to the ceiling, and your arms straight up.
- Lower your hips back down and repeat.

## 7 "PLANK, SIDE (LOW)" CORE/SCAPULAR STABILIZATION, ABDUCTING STRAIGHT LEG

1 SET / 30 REPS / 8 S HOLD



- Lie on your side and prop yourself up on your elbow.
- Bend your knees and lift your hips off the mat until you have a straight line from your knees to the top of your head.
- Holding this position, straighten your top leg out, and then lift it directly up towards the ceiling.
- Ensure this leg does not travel forwards.
- Control the movement as you lower the leg back down and then repeat.

## 8 CORE/HAMSTRING STRENGTHENING, WITH BRIDGE WALKOUT

1 SET / 30 REPS



- Lie on your back with your knees bent and feet flat on the floor.
- Ensure your feet and knees are hip-distance apart.
- Tighten your buttock and abdominal muscles as you lift your hips up into a bridge position.
- There should be a straight line from your shoulders to your knees.
- With your weight in the heels of your feet, start alternately walking one foot, and then the other foot away from your buttocks.
- Ensure you keep your hips up as high as you can, and your abdominal muscles activated.
- Relax your upper body and shoulders.
- At the point your knees are almost straight, alternately walk your feet back into the starting position and repeat.

## 9 CORE/PELVIC FLOOR STABILIZATION, FLEXING/EXTENDING LEG, HEEL SLIDES, WITH BREATH, SUPINE

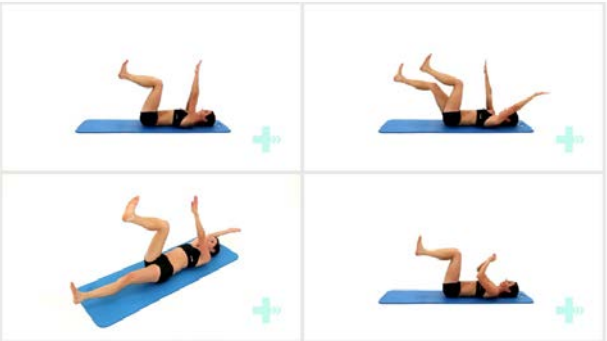
1 SET / 30 REPS / 8 S HOLD



- Lie on your back with your legs straight out in front of you.
- Ensure you point your knees and toes directly up to the ceiling.
- Exhale and tighten your abdominal and pelvic floor muscles, stabilizing your trunk and your pelvis.
- Simultaneously slide one heel along the floor towards your buttock.
- Hold this position as you inhale.
- Exhale and slide the foot back down to the starting position.
- Make sure your knee continues to point directly up to the ceiling throughout this entire movement.

## 10 "DEAD BUG" CORE/ABDOMINAL STABILIZATION; 01

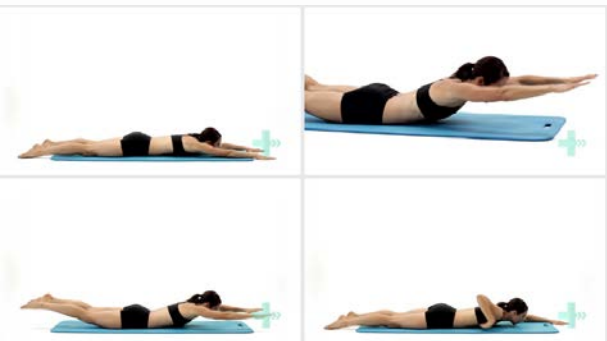
1 SET / 30 REPS



- Lie on your back and bring your legs up to table-top position with your hips and knees at 90 degrees.
- Raise your arms straight up vertically over your head.
- Keeping your back flat, lower the opposite arm and leg away from one another towards the floor.
- Do not allow anything else to move and make sure your back stays flat on the floor.
- Return to the start position and repeat with the other pair.

## 11 "SUPERMAN" CORE/TRUNK EXTENSION STRENGTHENING; 01

1 SET / 30 REPS / 8 S HOLD



- Lie on your front with your head in a neutral position.
- Extend your arms straight out in front of you, and activate your core stability muscles.
- Simultaneously lift both arms and both legs, clenching your buttock muscles and your lower back muscles.
- Maintain a neutral alignment with your head throughout the movement.



**12****CORE STABILIZATION, LIFTING ARM (ALTERNATE),  
QUADRUPED; 02****1 SET / 30 REPS / 8 S HOLD**

- Start on your hands and knees, with your hands under your shoulders, and knees under your hips.
- Keep your back straight and your hips in a neutral position.
- Lift one arm up and keep your elbow straight.
- Ensure your body and hips do not move throughout this movement.
- Lower the arm and repeat.

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