

Core Stability Program



Hip Flexor Stretches: 3x30 secs



Hamstring Stretch: 3x30 secs



Plank Hold: 30-60 secs



Side Plank Hold: 30-60 secs



Bridges: Lying with feet shoulder-width apart and knees bent, contract your core then contract your glutes and hamstrings to slowly raise hips off of the ground to be in line with shoulders and knees. Slowly lower down to the start position.



Dead Bugs: Start with your lower back pressed into the floor, with your hands at shoulder height and your hips/knees bent to 90. Slowly lower your opposite leg and arm while keeping your lower back pressed into the floor. Return to starting position. Repeat with the opposite arm/leg.



Quadruped: Starting with your hands below your shoulders and your knees under your hips, keeping your back flat (try to avoid Arching or rounding), begin by raising one arm and slowly lowering while keeping your core contracted. Alternate arms. Once you can do that well and easily, alternate lifting one leg while keeping your back flat and core contracted. To challenge yourself more, lift one arm and the opposite leg while keeping your core contracted and back flat. Slowly return to the starting position and repeat with the opposite arm/leg.



Partial Sit Up: Knees bent and feet shoulder-width apart, keeping your head and neck in a neutral position, cross your arms over your chest, and contract your abs to lift your shoulders off the ground. Slowly lower down. Repeat.



Super Mans: On your stomach with hands above your head, lift your hands and feet off the ground while contracting your glutes. Hold for 30-60 seconds. Repeat