

This handout is to be used as a guide only. Please consult your Remedial Therapist or health provider before beginning any new stretches or exercises.

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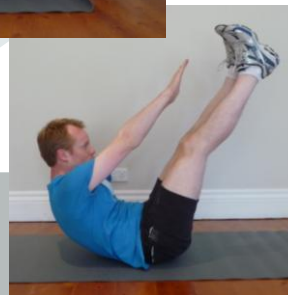
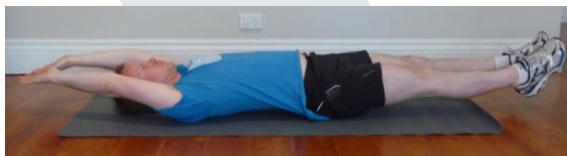
Advanced Core Exercises

SUPER SIDE PLANK



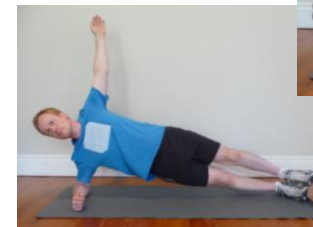
Place yourself in a normal side plank position. Switch on your abdominals then straighten your upper arm up and hover your upper leg up. Hold for 1 min then swap sides. Increase the time as your strength progresses further.

DYNAMIC STRAIGHT LEG CRUNCH



Lie on the floor with your legs extended up and arms straight back over your head. Switch on your abdominals by drawing your navel towards your spine and crunch up as you exhale, hinging your stomach and moving your arms off the floor towards your feet. Have your eyes follow the line of your arms to avoid neck strains. Make sure your abdominals are still switched on when gently returning to the start position. For extra challenge hold the crunches at the top for 2 secs. Do 15 - 20 good ones.

PLANK WITH TWIST



Lie on your side with your legs straight out and resting on your forearm. Switch on your abdominals and lift your hips off the floor into a straight line normal plank. Straighten your top arm and as you exhale, bend that arm and twist your torso under, without dropping your hips, so that the arm is under your body. Inhale to return to the starting position and repeat again. Do 10 - 15 good ones both sides.

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