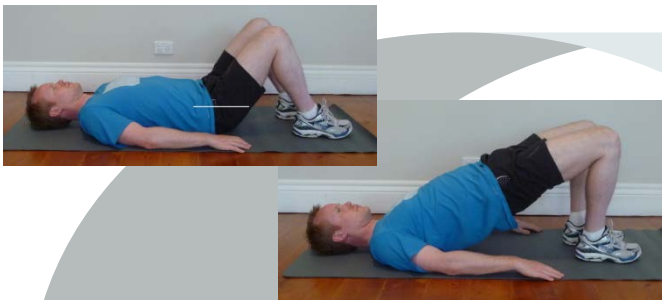


This handout is to be used as a guide only. Please consult your Remedial Therapist or health provider before beginning any new stretches or exercises.

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Basic Core Exercises

PELVIC TILTS



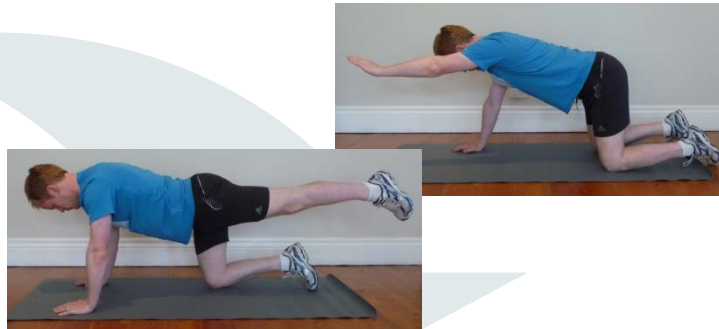
Lie on the floor with your arms by your side, knees bent and parallel with feet flat on the floor. Allow your back to relax onto the floor without forcing an arch or flat back (note: a neutral spine can vary from person to person). Breathe in to prepare and draw your navel to your spine. As you exhale, gently roll your pelvis forward to cause an increase in the arch in your back. Take a breath in at the end and as you exhale, gently roll your pelvis backward to flatten the arch. To increase the exercise, roll your pelvis backward and begin to peel your spine off the floor to your shoulders as you exhale. Take a breath at the top then gently reconnect your spine bit by bit back onto the floor as you exhale, back to neutral. Do 10x

PLANK



Lie face down on the floor with your toes pointed down and rest onto your forearms. Switch on your abdominals then lift your hips off the floor whilst keeping a long straight line with your body. Make sure you keep your shoulder blades flat and anchored. Continue breathing and hold the position for 30 secs. Try to increase to 1min as you progress.

TABLE TOP ALTERNATING ARMS & LEGS



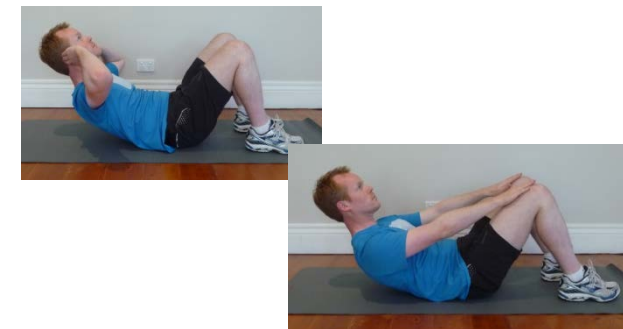
Position yourself on the floor on all fours on your hands and knees. Switch on your abdominals and extend one arm out in front of you, keeping a long line. Drop that arm and extend the other arm. Now alternate extended legs out. To increase the exercise, alternate your arms & legs at same time. I.e: left arm extends forward while right leg extends back. Alternate 10x both sides.

SIDE PLANK



Lie on your side with your knees bent and feet behind you. Rest on your forearm with your hand in front of you. Switch on your abdominals and lift your hips off the floor to a long straight line. Continue breathing and hold for 30 secs. Increase to 1 min as you progress. Then swap sides. Do the plank with long legs to increase the exercise.

ABDOMINAL CRUNCH



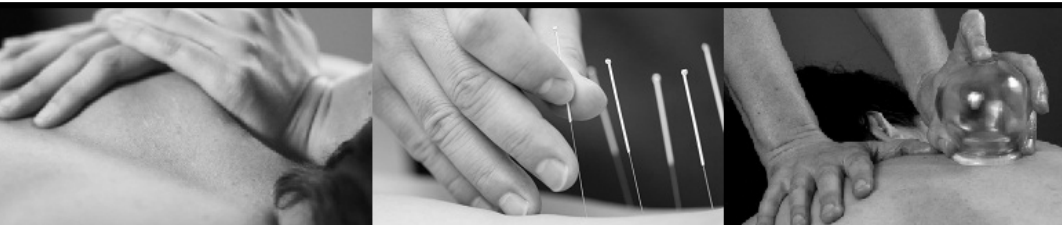
Lie on the floor with your knees bent and arms straight forward. Switch on your abdominals by drawing your navel towards your spine and crunch up, drawing your arms forward over your knees and shoulders off the floor. Keep your eyes on the ceiling in front of you to avoid neck strains. For more neck support, place your hands behind your head. For extra challenge, place your hands by your ears and hold crunches at the top for 2 secs. Do 10 - 20 good ones.

SIDE TO SIDE CRUNCH



Lie on your back with your knees up and arms by your side. As you crunch up side bend your waist, moving your hand closer to the same side ankle, then alternate to the other side. Keep shoulders off the floor and remember to keep breathing. Do 10 - 20 good ones each side.

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