

EXERCISE PROGRAM - "Core 5"

1. Abdominal Bracing

Lie on your back with your knees bent and your arms by your side. Without moving your back, draw in your stomach muscles, bringing your navel towards your spine. Hold for 10 seconds, release and repeat 3-5 times.



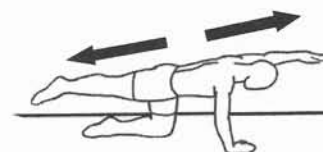
2. Trunk Curl

Lie on your back with your knees bent with your lower back flat on the floor. Resting your hands on your thighs, engage your abdominal muscles and slowly raise your head and shoulders off the floor and move your hands up your thighs at the same time. Keep your mouth closed and breathe through your nose. Return to the floor and repeat 5 – 10 times.



3. "Bird Dog"

Kneel on all fours with your hands under your shoulders and your knees under your hips. Contract the abdominal muscles and lift your left arm straight out in front of you keeping your back flat. Tighten your buttock muscles and lift your right leg straight out behind you still maintaining a flat back. The leg should be at hip level and the arm at shoulder level. Hold for 10 seconds while breathing normally. Lower leg and arm and repeat the other side. Repeat exercise 3-5 times.



4. "Plank"

Lie on your stomach and prop yourself up on your elbows, making sure they are directly below your shoulders. Contract your abdominal muscles and lift your legs and upper body off the floor as one unit. Make sure your neck is straight and your face is towards the floor. Do not let your back arch or your body sag. Breathe and hold for 10 seconds. Relax and lower to the floor and repeat 3 times.



5. Side "Plank"

Lie on your side, propped up on your left elbow, with your right arm bent and rested on your right hip or left shoulder. Legs are straight, feet one on top of the other, with your body in a straight line. (To start with it may be easier to bend both knees or cross one foot in front of the other) Contract your abdominal muscles and lift the pelvis a few inches off the floor. Keep the body in a straight line and hold for 10 seconds, breathing in and out slowly. Lower and repeat 3 times. Switch and repeat on the other side. Gradually increase the time holding the position up to 30 seconds.

