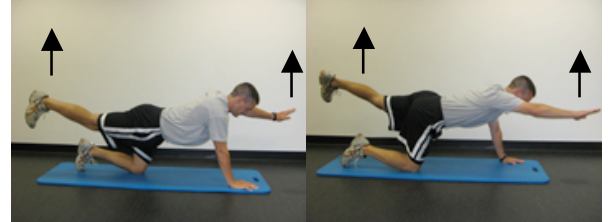


Core Strengthening: Phase II



Cobra

- Begin in kneeling position on floor.
- Slowly lean back, hold, slowly return to start position (keeping stomach tight and trunk rigid throughout entire motion).



Bird Dogs

- Begin in a 4 point kneeling position.
- Tighten stomach, extend one leg while lifting the opposite arm, return to start position, repeat with opposite leg and arm (keeping trunk rigid throughout motion).



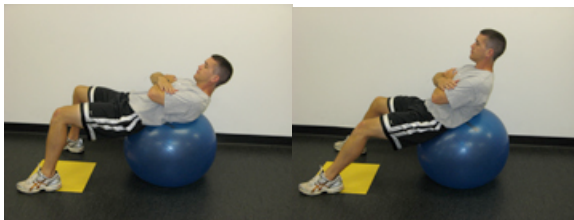
Dead Bug

- Lie flat on back, both knees and arms extended toward the ceiling.
- Flatten back (using pelvic tilt), tighten stomach, touch one hand to opposite knee, repeat with opposite hand and knee (keeping pelvis still throughout motion).



Single-Leg Supine Hip Bridge

- Lie flat on back, knees bent, feet close together and flat on floor.
- Slowly raise buttocks from floor, keeping stomach muscles tight throughout motion. In up position, slowly extend one knee (keeping stomach tight), return knee to bent position, repeat with opposite knee.



Crunch on Physioball

- Lie on back on ball (ball positioned at low/mid back), knees bent, feet shoulder width and flat on floor.
- Tighten stomach, crunch upward till shoulders clear ball (focus on controlling balance throughout motion, try to keep ball from rolling)



Diagonal Chops

- Secure resistive band at level above head, stand with feet shoulder width apart, slight knee bend, holding band with both hands.
- Tighten stomach, twist and bend trunk toward opposite side. (Repeat for both sides)



Side Plank on Outstretched Arm

- Lie on either side, legs outstretched, lower hand on floor in line with shoulder.
- Tighten your stomach muscles, lift your hips off floor till your legs and upper body are in line, with your shoulders positioned over the hand on the floor (keep legs and torso straight and place upper arm against side).



Physioball Walk-Out

- Lie on stomach on physioball, hands and feet touching floor, hands shoulder width.
- Tighten your stomach muscles to hold your torso rigid, slowly walk yourself out onto your hands, such that the physioball rolls down along your legs (keeping legs and torso straight and arms extended).



Side Plank with Hip/ Arm Abduction

- Lie on either side, legs outstretched, lower elbow on floor in line with shoulder.
- Tighten your stomach muscles, lift your hips off floor till your legs and upper body are in line, with your shoulders positioned over the elbow on the floor (keep legs and torso straight), from this position either raise your upper arm toward the ceiling or lift your upper leg (continuing to keep lower leg and torso rigid and straight).



Prone Elbow Roll-Out on Physioball

- Begin in kneeling position on floor with physioball out in front, elbows and forearms resting on ball, slight bend at hips.
- Extend hips so that torso and upper legs are in straight line (leaning on physioball), hold this position with torso and legs, slowly roll physioball forward and backwards using shoulders/ arms (keep trunk rigid and stomach muscles tight throughout exercise)