

FLOOR
EXERCISES

CORE



Strength

Low Res.
Sample

CORE STRENGTH

PATIENT HANDBOOK

This guidebook is meant to help in performing core strength exercises but is not meant to replace the necessary instruction needed to ensure these exercises are being performed properly. Some of these exercises may not be appropriate for you depending on your state of health. If pain or discomfort should arise from performing any of these exercises, discontinue and consult your health care professional. Before starting any fitness program it is recommended that you consult your doctor to ensure it is appropriate for you.

When performing these exercises, position of the body is very important. The spine should be maintained in a neutral position throughout the exercises. In neutral, your low back should be in a position of comfort and should have a slight curve (lordosis). Contraction of your core muscles is used to stabilize this neutral position during the exercises. If unsure about the correct positioning during any of these exercises consult a health care professional or fitness expert.

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Perform the exercises that have been marked with a check

CORE STRENGTH BASICS

- Front Planks
- One Leg Front Planks
- Side Planks
- Back Extension
- Pelvic Tilt
- Kneeling Leg Extension
- Cross Crawl
- Crunches
- Twisting Crunches
- Bridge
- Bridge March
- Bridge + Leg Extension
- Bridge Dips

These exercises should be performed with slow and smooth motions.

These exercises should not be painful

It is recommended that you warm up your muscles with light exercise before beginning your workout.

Basic

FRONT PLANKS

Lie face down on a mat. Keeping your torso straight, push yourself up onto your elbows (variation - hands). Your elbows (hands) should be shoulder width apart. Hold for 10 seconds and return to your starting position.

Sets _____ Reps _____



Basic

ONE LEG FRONT PLANKS

Perform the same as above while bringing one foot off the mat.

Sets _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

SIDE PLANKS

Basic

Lie on your side on a mat. Bring your torso off the ground by bringing yourself up onto your elbow and feet. Your feet should be staggered and your torso kept straight by activating your core muscles. Hold for 10 seconds and then relax. Repeat on the opposite side. (A variation of this exercise is to balance on your hand instead of your elbow as in the corner image below.)

Sets _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

Basic

BACK EXTENSION

Lie face down with a pillow under your lower abdomen. Place your hands behind your back and gently bring your chest off the floor. Hold for three seconds and then relax.

Sets _____ Reps _____



Basic

PELVIC TILT

Lie facing up on the floor with your knees bent. Tighten your stomach muscles and flatten your low back against the floor. Hold for 10 sec. then relax. Sets _____ Reps _____

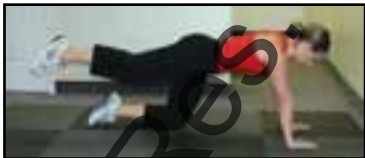


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KNEELING LEG EXTENSION

Basic

Kneeling on a soft surface, slowly extend your right leg out behind you. Hold for 3 sec. and then relax. Repeat with the opposite leg. Sets _____ Reps _____



CROSS CRAWL

Basic

Kneel down on a soft surface. Slowly extend your right leg back as you stretch your left arm forward. Hold for 3 sec. then relax. Repeat with your opposite arm and leg.

Sets _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

Lie on your back with your knees bent and your hands held lightly behind your head. Slowly bring your shoulders straight up off the ground as you tighten your stomach muscles. Your head should rest gently on your hands and should not be pulled forward. Hold for 3 sec. then relax.

Sets _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

TWISTING CRUNCHES

Basic

These are similar to regular crunches except after you bring your shoulders off the ground slowly twist the left shoulder towards the opposite knee. Hold for 3 sec. then relax. Repeat twisting the other way.

Sets _____ Reps _____



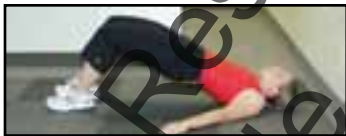
Caution: If these exercises cause discomfort, discontinue and consult a health professional.

Basic

BRIDGE

Lie on your back with your knees bent. Tighten your abdominal muscles to stabilize your core and then slowly bring your pelvis off the ground until your hips are straight. Hold for 10 seconds and then return to the floor.

Sets _____ Reps _____



Basic

BRIDGE MARCHING

Starting in a bridge position slowly bring one leg off the floor keeping the knee bent. Repeat with the opposite leg.

Sets _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

BRIDGE + LEG EXTENSION

Basic

Starting in the bridge position slowly bring one leg off the ground and straighten the knee. Hold for 3 seconds and then relax. Repeat with the opposite leg.



BRIDGE DIPS

Basic

Starting in a bridge position slowly drop your pelvis down until it is just off the floor and then return to the bridge position. Maintain your abdominal contraction throughout this exercise. Sets ____ Reps ____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

ADVANCED EXERCISES

Before progressing to these exercises it is important that your core muscles are strong enough to provide appropriate stabilization. If the core muscles are not effectively stabilizing the low back and pelvis during these exercises the tissues can easily become overstressed and injured. As with all the exercises in this booklet, these exercises should be performed under the guidance of a qualified health professional.

Perform the exercises that have been marked by a check

ADVANCED EXERCISES

- Climbing Planks
- Front to Side Planks
- Planks + Leg Extension
- Staggered Planks
- Alternating Leg Extensions
- Double Leg Extensions
- Bicycle Crunches
- Hip Raises
- Push ups

CLIMBING PLANKS

Advanced

Start in a plank position on your hands and toes. Raise one leg as you flex your hip to bring the leg up towards your chest. Return the leg back to the initial plank position and then repeat with the opposite leg.

Sets _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

Advanced

FRONT TO SIDE PLANKS

Starting in a front plank position, slowly rotate into a side plank position. (Variation – support with forearms instead of hands)

Sets _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

PLANKS + LEG EXTENSION

Advanced

While holding a front plank position, bend one leg bringing the foot off the floor. Bring the knee of the raised leg down to the floor and then back up again. Perform with opposite leg. Sets _____ Reps _____



STAGGERED PLANKS

Advanced

While holding a front plank position raise one arm and the opposite leg off the ground. Hold for 5 seconds and then return the limbs to the ground. Repeat using opposite limbs. Sets _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

Advanced

ALTERNATING LEG EXTENSIONS

Lie on your back with your knees bent and feet in the air. While contracting your core muscles to hold the pelvis in a neutral position slowly straighten one leg and then return to the starting position. Your back **should not** arch as you straighten your leg.

Sets _____ Reps _____



Advanced

DOUBLE LEG EXTENSIONS

Perform as above straightening both legs at the same time. Be sure to maintain your pelvis in neutral throughout the exercise. Your back **should not** arch as you straighten your legs.

Sets _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

BICYCLE CRUNCHES

Advanced

Lie on your back with your legs in the air. Slowly tighten your abs and twist, bringing your right arm toward your left knee. At the same time extend your right leg. Repeat with the opposite side (bringing your left elbow toward your right knee and extending your left leg).

Sets _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

Lie on your back with your legs pointing straight up. Use your abdominal muscles to slowly bring your hips off the ground and your toes up towards the ceiling. Hold for 2 seconds and then slowly return your hips to the floor. Repeat.

Sets _____ Reps _____



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

PUSH UPS

Advanced

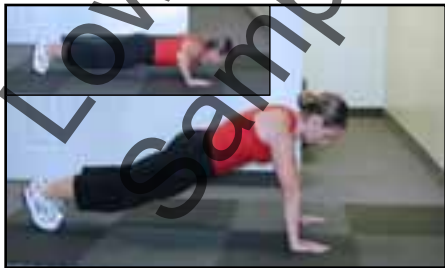
Lie face down on the ground. With your hands shoulder width apart bring yourself up onto your hands. Slowly bend your arms as you bring your chest down towards the floor. Come down until your elbows are at 90 degrees and then push yourself back up. Keep your body straight through activation of your core muscles.

Variations: Perform pushups with your

- 1) hands together
- 2) hands farther apart

These variations will incorporate different muscle fibers into the exercise.

Sets _____ Reps _____



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