

Core Exercise List

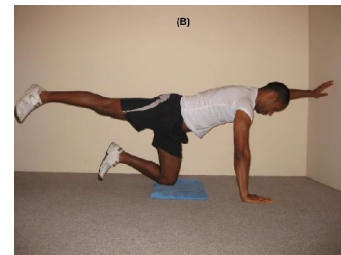
‘Swimming Supermans’

- ✓ Breathe in through your nose
- ✓ Breathe out and contract abdominal muscles
- ✓ Keeping arms and legs straight, perform swimming motion while continuing to breathe for 10-20 seconds



Cross-Crawl

- ✓ Breathe in through your nose
- ✓ Breathe out and contract core muscles
- ✓ After core is contracted, lift opposite arm with opposite leg while keeping trunk and pelvis stable.
- ✓ Hold for 10 seconds, repeated for 5-10 repetitions



Bridges

- ✓ Breathe in through your nose
- ✓ Breathe out and contract core
- ✓ After core is contracted, lift pelvis to the ceiling by contracting your gluteus (buttock) muscles
- ✓ Hold for 5-10 seconds, repeat for 5-10 repetitions



Bridges with leg kicks

- ✓ Perform Bridge as described above
- ✓ Hold bridge for 2-3 seconds, lift and extend leg
- ✓ Hold for 5-10 seconds, repeat for 5-10 repetitions



Planks

- ✓ Start laying down on stomach
- ✓ Breathe in through your nose
- ✓ Breathe out, contract core, lift body off ground
- ✓ Hold for 10-30 seconds, try to work up to 1 minute

