

Core



Core Abdominal Breathing - Inhale and exhale, and while exhaling, bring belly button into spine, contract abdominals, press back flat into ground, and contract glutes (without lifting butt off ground). Continue exhaling and hold.

All exercises are to be performed a minimum of three (3) times a day, every day. Perform the exercises in a slow and controlled manner, holding each rep for 3 to 5 seconds. Begin at 5 reps and build up to 10 reps.



Supermans - On your stomach, slowly extend one leg and the opposite arm. Hold for 5 seconds.

Simple Floor/Ball Crunch - On back, hands on shoulders and knees bent to 90 degrees, exhale and activate the abs and slowly by pulling the belly button into the spine and crunch up about 6 inches.



Abdominal Vacuums - Inhale, allowing your abs to relax and your back to arch down. Exhale and pull belly button into spine and attempt to straighten spine.

Front plank - For beginner's, on elbows and knees and for more advanced, on elbows and toes. From heels to head, your body should be completely straight. Hold for as long as possible. If you reach over 60 seconds, ask your doctor for progression.

Side Plank - Beginner's, on elbow and knee, advanced on elbow and feet. Head, belly button and between knees/feet should be straight. Do not hold breath. Deep breaths are recommended. Once 60 seconds is reached, ask for progression.

