

# Core Stability Strengthening

## Beginner

1

2

3



### 1. Pelvic Tilt

- Lie on your back with your legs bent.
- Keep your feet hip width apart.
- Flatten your back against the floor by tightening your abdominal muscles..
- **Pause and hold for 10 seconds.**
- **Perform 10 reps, 3 sets.**



### 2. 4-Point Kneel

- Start in a kneeling position with your hands under your shoulders, and knees under your hips.
- Tighten your pelvic floor and core stability muscles, pulling your abdominal muscles in towards your spine.
- **Pause and hold for 10 seconds**
- **Perform 10 reps, 3 sets.**



### 3. 4-Point Kneel + Arm Raise

- Start on your hands and knees, with your hands under your shoulders, and knees under your hips.
- Lift one arm up and keep your elbow straight. Ensure your body and hips do not move throughout this movement.
- Pause and hold for 3 seconds.
- **Perform 10 reps each side. 3 sets.**

# Core Stability Strengthening

## Intermediate

1

2

3



### 1. 4 Point Kneel Hip Extension

- Start in 4 point kneel.
- Straighten one leg out behind you. Keep your foot in contact with the floor.
- Do not allow your hips to rotate with this movement. Control the movement as you bring your leg back in to the starting position.
- **Perform 10 reps each side, 3 sets.**



### 2. Table Top Leg Lowering

- Place the foot on the floor with a resistance band around the inside of the foot
- Turn the foot inwards and hold the foot still
- **Pause and hold for 3 seconds**
- **Perform 10 reps, 3 sets.**



### 3. Bridges

- Lie on your back with your knees bent and your feet flat on the floor.
- Tighten your buttock muscles and lift your hips up into the bridge position.
- **Pause & Hold for 5 seconds.**
- **Perform 10 reps, 3 sets.**

# Core Stability Strengthening

## Advanced

1

2

3



### 1. Clam Shells

- Lie on one side with knees at a 45-degree angle, legs and hips stacked.
- Keep your feet in contact with one another as you raise your upper knee as high as you can, without moving the hips or pelvis.
- **Pause and hold for 30 seconds.**
- **Perform 3 sets.**



### 2. Side Plank

- Lie on your side with your legs bent
- Lift your upper body supported on your forearm with the shoulder directly above the elbow.
- Lift your hips up.
- **Pause and hold for 30 seconds**
- **Perform 3 sets.**



### 3. Curl Ups

- Lie on your back, knees bent, arms crossed over your chest with your lumbar spine pressed towards the floor.
- Exhale as you lift your shoulders off the floor.
- Keep your abdominal muscles tight, do not allow your lumbar spine to raise off the mat. Return back down to the starting position in a slow controlled manner and repeat.
- **Perform 10 reps, 3 sets.**