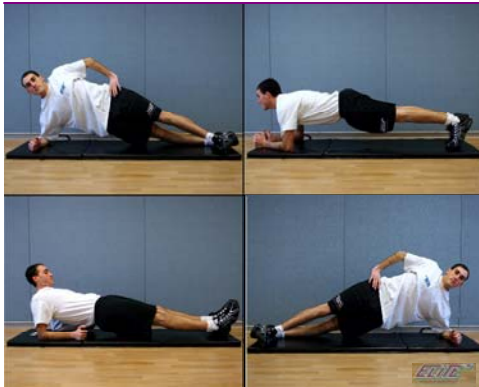


### Standard Core Exercises

**Directions:** All exercises should be completed in the following method, three (3) sets of ten (10) repetitions unless otherwise written. Exercises should be completed three times during a one week period.



**Hold all planks for 30 seconds working your way up to 1 min. Repeat 3 times.**

**Front Plank:** Lie on the floor on your belly. Rise up on your elbows and toes and push your hips off the floor keeping your back straight.

**Side Plank:** Lie in a straight line on your side. Rise up on your one elbow and foot and keep your hip off the ground. Complete on left and right sides.

**Reverse Plank:** Lie on your back. Rise up on your elbows and heels and keep your back and hips in a straight line.



**Abduction Hip Circles:** Raise your foot to the ceiling and keep it suspended. In this position draw circles but going clockwise first 30 times, then counter clockwise 30 times.



**Abduction Leg Lifts:** Lie on your side with shoulders, hips and knees all in a straight line. Raise foot to the ceiling, keeping knee straight then lower your foot back down to the ground.



**Clam Shells:** Lie on your side with hips bent to 90° and knees bent so that your feet are below your bottom. Keep your ankles touching and lift your top knee to the ceiling then lower back down. Make sure you do not roll your top hip backwards.



**Bridging:** Lie on your back with both feet flat on the floor and knees slightly bent. Lift your bottom off the ground while keeping your back straight. Hold for 10 seconds then lower back to the ground.



**Curl ups:** Lie on your back with your feet flat on the ground, knees slightly bent and arms by your side. Tighten up your belly and use your stomach muscles to lift your shoulder blades a few inches off the floor. Take care not to strain your neck during this motion.



**Superman:** Lie on your belly. Pinch your shoulder blades together and squeeze your buttocks together at the same time to lift your arms and legs off the ground. Hold this position for 10 seconds then lower to the ground.