

Nottingham Family Wellness Centre

Advanced Core Exercises

Core Challenges



PRONE ALTERNATE ARM AND LEG

While lying face down and keeping your lower abdominals tight, slowly raise up an arm and opposite leg. Slowly lower and then raise the opposite side. The lifts only need to be a few inches off the ground.

Do not allow your spine to move the entire time.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



BIRD DOG

On your hands and knees, brace your abdominals and then slowly lift a leg and the opposite arm upwards.

Maintain a level and stable pelvis and spine the entire time. Do not let your hips tilt downwards or hike upwards.

Return to starting position and complete with other arm and leg. This counts as 2 reps.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



SEATED ALTERNATE ARM AND LEG ON BALL

While seated on an exercise ball, activate the abdominals. Raise one leg and the opposite arm. Return limbs back down and then raise the opposite side.

Try to keep the ball from moving as much as possible.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

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PLANK

While lying face down, brace your abdominals. Lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Maintain pelvic neutral position the entire time.

Be aware of poor form, and if you feels your hips starting to drop, take a break!

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



ELASTIC BAND CHOP

In the kneeling position (and your abdominals activated) with the UP KNEE closest to the elastic band anchor, pull the band downwards and towards the opposite side.

Make sure to not allow your trunk to bend or twist during the exercise.

Return to the original position.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



ELASTIC BAND STANDING TRUNK ROTATION

Hold an elastic band with your arms out in front of you while in the standing position.

Turn to the side as you rotate your trunk and hips. Your arms should be extended and in front of your chest the entire time.

The elastic band should be anchored by the side of your body.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

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Glute Challenges



BRIDGING WITH ELASTIC BAND

If the beginner bridge is feeling easy, give this varying a try!

While lying on your back, place an elastic band around your knees and pull your knees apart. Hold this and then tighten your lower abdominals, squeeze your buttocks and raise your buttocks off the floor/bed as creating a "Bridge" with your body.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



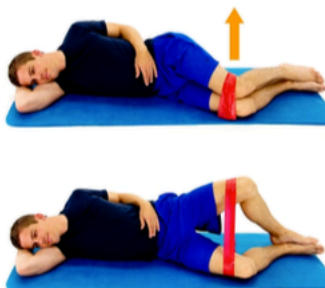
SINGLE LEG BRIDGE

While lying on your back with your knees bent, extend one knee as shown. Brace your abdominals.

Next, raise your buttocks off the floor/bed.

Try and maintain your pelvis level the entire time.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



CLAMSHELL WITH ELASTIC BAND

If the beginner clamshell exercise is feeling easy, give this version a try!

While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

Do not let your pelvis roll back during the lifting movement.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



FIRE HYDRANT

Start in a crawl position and brace your abdominals. Raise your leg out to the side as shown. Maintain a straight upper and mid back.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day