

Nottingham Family Wellness Centre

Beginner Core Exercises

TA Activation



ABDOMINAL BRACING

While lying on your back, tighten your stomach muscles as you draw your navel down towards the floor.

Push your fingers just inside your hip bones and feel for the activation. Remember: keep breathing, do not hold your breath!

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



ABDOMINAL ELEVATORS

While lying on your back, tighten your stomach muscles as you draw your navel down towards the floor.

Try to activate the muscle in stages. First only activate the muscle a little bit, then a little bit more, until the muscle is fully activate. Try to relax the muscle in stages as well! This is more difficult than it sounds!

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

TA Challenges



KNEE FALL OUT

While lying on your back with both knees bent, stabilize your spine by bracing your abdominal muscles. Hold this contraction as you slowly lower one knee to the side. Your pelvis should not move.

You can place your thumbs on your pelvic bone to get feedback of any movements that occur. If your pelvis moves too much, then next time drop the knee less to maintain good control.

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

Nottingham Family Wellness Centre

Beginner Core Exercises

ABDOMINAL BRACE WITH MARCH



Brace your abdominals by imagining you're pulling your bellybutton down towards your spine.

While lying on your back with your knees bent, slowly raise up one foot a few inches and then set it back down. Next, perform on your other leg. Use your stomach muscles to keep your spine from moving.

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

ABDOMINAL BRACE WITH HEEL SLIDES



Brace your abdominals by imagining you're drawing your bellybutton down towards your spine.

While lying on your back with your knees bent, slowly slide your heel forward on the floor/bed and then slide it back. Use your stomach muscles to keep your spine from moving.

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

Glute Activation

BRIDGING



While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

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



Nottingham Family Wellness Centre

Beginner Core Exercises



SIDELYING CLAMSHELL

While lying on your side with your hips and knees bent to 90 degrees. Draw up the top knee while keeping your feet together.

Do not let your pelvis roll back during the lifting movement. Your hips should always remain perpendicular to the floor.



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

Core Activation



DEAD BUG

While lying on your back with your knees and hips bent to 90 degrees, use your stomach muscles and maintain pelvic neutral position. Do not allow your spine to move.



Slowly straighten out a leg without touching the floor. At the same time raise an opposite arm over head. Do not allow your spine to arch during this movement.

Return to starting position and then repeat on the opposite side.

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



LATERAL KNEE PLANK

Brace your abdominals.

While lying on your side with your knees bent, lift your body up on your elbow and knees. Try and maintain a straight spine.

Start by holding for 20 seconds, and work to improve your endurance and hold for longer as tolerated.

Repeat 3 Times
Hold 20 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

Nottingham Family Wellness Centre

Beginner Core Exercises



FRONT KNEE PLANK

Activate your core

While lying face down, lift your body up on your elbows and knees. Try and maintain a straight spine.

Repeat 3 Times
Hold 20 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



As with the lateral plank, work to improve your endurance and hold the position for longer.