

CORE STABILITY EXERCISES & STRENGTH ROUTINE

The following 7 exercise workout is to be completed continuously, twice through. Each exercise should be completed slowly so that technique is correct and the target muscles are utilized. Using a mirror can be effective, giving you instant feedback on form and allow you to correct any inefficiencies. In exercises 1, 2, 3, and 5, placing your hands on your hips can help your balance and act as a reference point (when using a mirror) for identifying left/right side inequalities. Recommended to be completed 1 - 2 times a week (Monday & Friday).

- 1) **Step Ups:** Stand upright, facing forward, with feet placed shoulder width apart. Leading with the left leg, step up onto a flat bench or chair (approx. 14-20 inches high) finishing the upward movement with the feet shoulder width apart atop the bench. Leading again with the left leg, step down to your starting position. This is one repetition. Start the next rep with the right leg. Complete 20 reps (alternating legs).
- 2) **One Legged Squats:** Stand upright on one leg, with the other leg off the ground and bent 90 degrees at the knee. Gently lower body about 18 inches (keep body straight, and don't take knee below horizontal) so that the quadriceps muscle is activated. Return slowly up to original position before repeating. Complete 10 reps on each leg.
- 3) **Lunges:** Stand upright with feet shoulder width apart. Use left leg to lunge forward, placing the foot on the ground about 25-40 inches directly out in front of your body. Using both knees, lower your body approx. 18 inches before pushing back up with the left leg to the starting position. Complete the same motion, leading with the right leg. Perform 10 reps on each leg.
- 4) **Shoulder Blade Squeeze:** Using long 'thera-bands' or rubber, stand upright and hold your arms in front of your body at shoulder height, with the ends of the band in each hand. Slowly move your hand away from each other so you can feel your shoulder blades begin to contract closer together. Return slowly back to the start. Complete 20 reps.
- 5) **Leg Raises:** On the end of a bench (14-20 inches high) so that waist/bottom is not supported underneath. Bend legs from knees to the floor, so that feet are in 'tip toe' or plantar flexed position on the floor. Use hands to steady your body by holding the bottom of the bench on either side. Slowly lift left foot upwards to approx. 18 inches above bench height, then gently lower to return to the same floor position. Complete the same motion with the right leg. Perform 10 reps on each leg.
- 6) **Stomach Holds:** Lie on the floor, facing downwards with only forearms and toes touching the ground. Keep back straight. Hold this position for 90 seconds.
- 7) **Sit-ups:** Lie on your back with knees bent and hands resting behind ears. Bend forwards at the waist, so that your upper body lifts off the ground, and hold your body at 30-40 degrees for 15 seconds. Lower body slowly and rest on the floor for 5 seconds. Repeat 3 times.