



Core Exercises - February 2014

Picture	Key Points & Description
	<p><b>60° Seated Brace with Arm Circles</b></p> <p>Key Points</p> <ul style="list-style-type: none"><li>• Upper body at 60°</li><li>• Chest forward, shoulders back</li><li>• Lower back pushed forward, back perfectly straight</li><li>• Arms out to the side as shown</li><li>• You should not be able to see hands at any point during the circular motion of the arms</li></ul> <p>Exercise</p> <ul style="list-style-type: none"><li>• Arms lifted in circular motion above the head and back to start position is 1 rep</li><li>• 3 x 8 reps</li></ul>
	<p><b>Front Plank Hold</b></p> <p>Key Points</p> <ul style="list-style-type: none"><li>• Knees slightly apart</li><li>• Head in line with spine</li><li>• Back Flat</li></ul> <p>Exercise</p> <ul style="list-style-type: none"><li>• Hold position for 30 secs</li><li>• 3 Sets</li></ul>

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### Plank Ups with Inch Worm

#### Key Points

- Front support or press up position
- Body position should be as for a plank, but with arms straight.
- Body should stay in plank position throughout

#### Exercise

- Alternately slowly touch the opposite shoulder with each hand
- One repetition is touching both shoulders with alternate hands
- 3 x 8 reps



### Dead Bugs

#### Key Points

- lie on back, hands extended toward the ceiling.
- Bring feet, knees, and hips up to 90°
- Flat back on floor and squeeze glutes. Hold this position throughout exercise.
- Start exercise by extending one leg, and the opposite arm to a position just above the ground.
- Return to the starting position, and repeat on the opposite side. This is one repetition.

#### Exercise

- 3 x 16 reps

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### Glute Bridge March

#### Key Points

- Lay on back with arms by side, palms down.
- Lift to a bridge. Feet should be in a position to feel tension in glutes, not hamstrings.
- Back and hips, straight and in line.

#### Exercise

- Lift leg slowly to the position shown.
- Repeat with the other leg. That is one repetition.
- 3 x 12 reps



### Kneeling Side Plank

#### Key Points

- Engage all the way down the side of your body from knee to shoulder.
- Upper leg straight, see pic. arm down by side.
- Hips, back and head in line.

#### Exercise

- Hold position for 30 sec on each side.
- Repeat x 3