

D: CORE STRENGTH AND MOBILITY

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Warm-up

5-10 X Neck rotations
5-10 X Neck extensions and flexions
5-10 X Neck side flexion
5-10 X Arm rotations
5-10 X Elbow and wrist rotations
5-10 X Thoracic spine rotations
5-10 X Thoracic spine rolling
5-10 X Hip circle
5-10 X One leg standing
5-10 X Hip opening circles
5-10 X Hip flexor stretch

1

STANDING G SUPERMAN	SETS	3-5	REPS	1	REST	2 min
Start with standing in good posture, activate core body by pressing the sternum slightly towards belly bottom and press shoulders down. Lift the left leg first off the ground to 90-degree angle. Extend the right arm over the head. Return back to base position. Change side.						



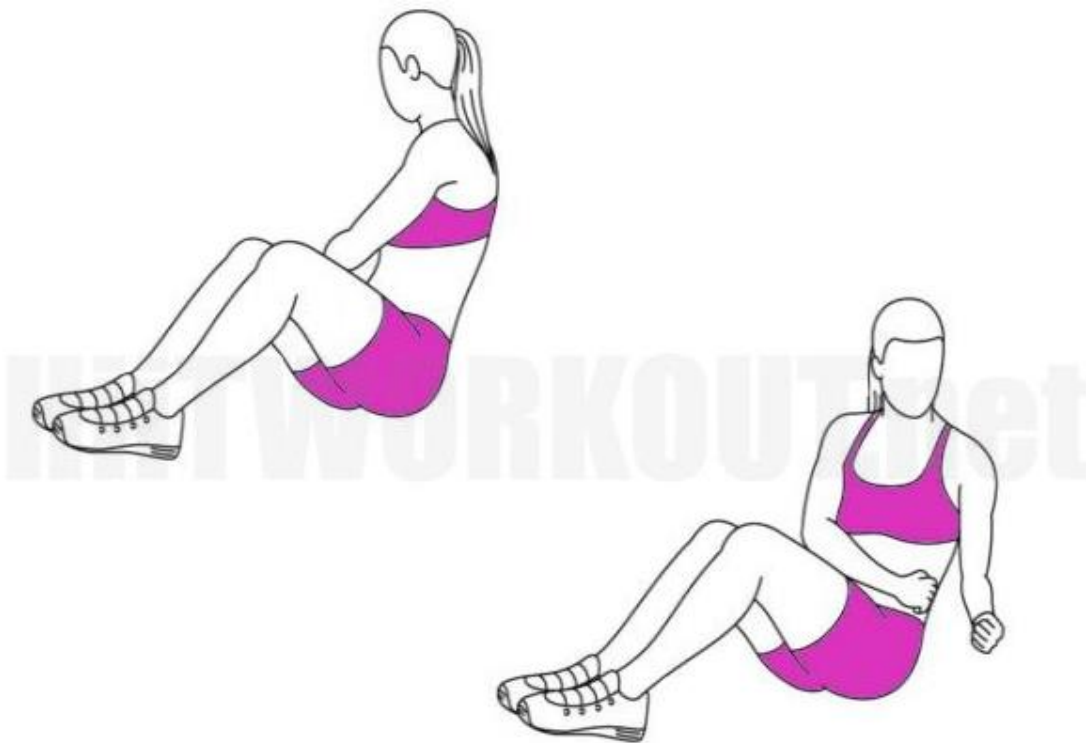
2

WARRIOR 3	SETS	3-5	REPS	1	REST	2 min
From the superman pose, bend forward so the core body is facing the floor, extend the bend leg straight behind you and extend both arms in front. Return-back to basic standing position and repeat on the other side.						



3

TWIST SITTING	SETS	3-5	REPS	1	REST	2 min
Sit in a straight position either on mentioned equipment or on the floor. Back straight, have your hands on a 90-degree elbow bend palms on eye level and twist/rotate slowly right and then left.						



4

SPINE ROLL	SETS	3-5	REPS	1	REST	2 min
Lie in the same position as before, start “peeling” the spine slowly up from the floor starting from the tailbone one-disc pattern at the time up until you are in glute bridge position, breath and roll back down.						



5

CHILD POSE	SETS	3-5	REPS	1	REST	2 min
Start from the tabletop position, keep feet hip width apart, position your hips over your knees, relaxed shoulders, place hands under your shoulders. Send the hips back on top of your heels and stretch the hands forward head down, extend your arms out in front of you. Feel the stretch in your hips and thighs, and the middle of your back.						



6

SUPERMAN	SETS	5-10	REPS	2	REST	2 min
<p>Start from the tabletop kneeling position, keep back in neutral position, align head with the spine, keep core muscles tight. Don't twist the hips when lifting the leg up. Muscles engaging; Gluteus min/med/max, Quadratus lumborum, multifidus, transverse abdominis, pelvic floor. Follow the key point and extend the opposite arm and leg straight in level with spine and head. Variation: extend only leg or hand, one at the time to make it easier. To make more challenging perform on exercise ball.</p>						



7

PLANK	SETS	1	REPS	2-3	REST	1 min
<p>Keep your legs hip width apart, keep on your toes, keep the back straight elbows and shoulders in line, hands flat on the floor. Muscles engaged: Rectus abdominis, transverse abdominis, pelvic floor, erector spinae, multifidus, quadratus lumborum, Gluteus group. Follow the key points. Can also be performed in women push up position if wanted easier version. Can be performed in Men push up position in bend or straight arms, for difficulty can be performed with legs on exercise ball or in TRX straps, or with medicine balls under hands and legs with up to 4 balls. 15s-60s holds.</p>						



8

SIDE PLANK	SETS	1	REPS	2-3	REST	1 min
<p>Make sure your hips are aligned and do not drop back, align the hips with feet, when lifting-up avoid letting upper shoulder drop forward. Keep core tight and your hips lifted, keep feet aligned. Keep core engaged. Muscles: Transverse abdominis, External obliques, internal obliques, pelvic floor, multifidus, Quadratus Lumborum, Gluteus group. Keep core engaged and rise to the position, follow the main points keep the position for 15-60s. Variation lift up the upper leg and keep is stationary in position or lift the leg up and down. Other variation use TRX straps to perform side plank.</p>						



9

MEDICINE BALL BRIDGE	SETS	5-10	REPS	1-2	REST	2 min
<p>Keep core engaged, have head and shoulder plates on exercise ball, hold the medicine ball above your chest, keep hips in line with shoulders and knees, follow the movement with your head, use core and twist from the waist, keep feet on floor, keep core tight. Muscles: Transverse abdominis, external and internal oblique, pelvic floor, multifidus, quadratus lumborum, gluteus maximus. Follow the main points. Choose weight that is good for you that you can control the movement. Perform the same amount of reps on both sides. Variation if with the weight movement is too difficult just extend your arms straight and twist.</p>						



10

WALL SIDE THROW	SETS	5-10	REPS	2	REST	2 min
<p>Stand with feet shoulder width apart, keep back straight, keep hips aligned, follow the movement with your head, keep elbows slightly bend, pivot from your hips, keep core engaged. Aim to hit the wall chest height, keep knees bend. Muscles: Transverse abdominis, external and internal oblique, pelvic floor, quadratus lumborum. Stand sideways towards the wall, left side towards the wall, rotate first towards the right and then throw the ball to the wall, follow the main points. Progressions you can perform this sitting or in kneeling position (on knees, back straight, in this one focus on the rotation from the hips) Change side.</p>						



Cool down

Stretch little bit the core muscles after the exercise these are just some of the examples. Perform the stretches on both sides keep the head and back alignment. Starting with sitting on the mat and possibly do couple cat and camels on seated position. Each stretch will be 5 breaths, moving to seated lateral extension (Japanese kneeling) left and right- abdominal cobra straight and twists to left and right,- moving to lying on backs and lifting the right knee and twisting it over the left leg while lying in T position repeat on the other side, ending the stretching to Childs pose. These stretches try to target and stretch the muscles that we have been using in our exercises.