

Dynamic Core Rehab Program



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INTRODUCTION

The Dynamic Core Rehab program is a unique series of exercises designed to improve balance, coordination, strength and endurance of the core and pelvic muscles.

To start the program, it is necessary to find your neutral, pain-free position. Begin by lying on your back with your knees bent. Then, contract your lower back and abdominal muscles at the same time. Now, imagine you have Saran Wrap over your torso, locking your abdomen to the floor. You can also forcefully exhale and feel the proper muscles contract. If, during any of the exercise movements, you lose the proper contraction of these stabilizing muscles, stop and reset your core muscles.

Once you have set your core, perform the prescribed exercises. By engaging your arms and legs while maintaining the neutral pain-free position, you will be able to protect the spine from injury. This program has proven to be successful in providing pain relief, improving performance, preventing injuries and prolonging careers in professional athletes.

For this program, please note there are 5 levels of progression. Based on your level of conditioning, you can either start with Level 1, or advance forward to your current ability and progress from there.

Beginning Position

- Knees Flexed
- Abdominal muscles tightened
- Spine muscles tightened
- Neutral, pain-free position obtained



LEVEL 1

1.1 DEAD BUG

- Supported (1 leg on ground)
- Arms overhead
- Marching (30 seconds total)



Beginner Movement



1.2 CRUNCH

- Arms on chest
- Raise chest straight up rather than pulling toward knees
- Slow reps, hold 10 seconds
- 1 set x 10 reps (1x10)



Beginner Movement



1.3 - BRIDGING

- Balance your body on both legs
- Push your hips up with weight in your heels
- Slow reps, hold 10 seconds
- 2 sets x 10 reps (2x10)



Beginner Movement



1.4 - PRONE

- Gluteal squeeze
- Alternate lifting
- 1 arm then 1 leg
- Hold for 10 seconds
- 1 set of 10 reps (1x 10)



Starting Position



Beginner Movement



1.5 - QUADRUPED

- Alternate lifting each arm, hold each movement for 10 seconds
- Alternate lifting each leg, hold each movement for 10 seconds
- 1 set of 10 reps (1x 10) for each limb



Starting Position



Arm Extension



Leg Extension



1.6 - WALL SLIDE

- Stand with the ball behind your lower back
- Feet shoulder width apart
- Squat until your knees are flexed 45 degrees
- Slow and steady
- 1 set of 10 reps (1x 10)



Starting Position



Beginner Movement



1.7 - STABILITY BALL CRUNCH

- Begin with sitting on the ball
- Feet should be at least shoulder width apart
- Focus on lifting straight to the ceiling rather than toward your knees
- Hold for 10 seconds
- 1 set of 10 reps (1x 10)



Starting Position



Beginner Movement



LEVEL 2

2.1 - DEAD BUG

- Unsupported
- One arm extended at a time, then one leg at a time
- Each movement should be slow and deliberate
- Marching (1 minute total)



Starting Position



Intermediate Movement



2.2 - CRUNCH

- Arms on chest
- Raise chest straight up rather than pulling toward knees
- Slow reps, hold 10 seconds
- 3 sets x 10 reps (3x10)



Beginner Movement



2.3 - BRIDGING

- Balance your body on both legs
- Push your hips up with weight in your heels
- Slow reps, hold 10 seconds
- 2 sets x 20 reps (2x20)



Beginner Movement



2.4 - PRONE

- Gluteal squeeze
- Alternate lifting
- 1 arm then 1 leg
- Hold for 10 seconds
- 1 set of 10 reps (1x 10)



Starting Position



Intermediate Movement



2.5 - QUADRUPED

- Combine lifting opposite arm and opposite leg
- Hold each movement for 10 seconds
- 2 sets of 10 reps (2x 10) for each limb



Starting Position



Intermediate Movement



2.6 - WALL SLIDE

- Stand with the ball behind your lower back
- Feet shoulder width apart
- Squat until your knees are flexed 90 degrees
- Slow and steady, holding 10 seconds at the bottom
- 1 set of 10 reps (1x 10)



Starting Position



Advanced Movement



2.7 - STABILITY BALL CRUNCH

- Begin with sitting on the ball
- Feet should be at least shoulder width apart
- Focus on lifting straight to the ceiling rather than toward your knees
- Hold for 10 seconds
- 2 sets of 10 reps (2x 10)



Starting Position



Beginner Movement



LEVEL 3

3.1 - DEAD BUG

- Unsupported
- One arm extended at a time, then one leg at a time
- Each movement should be slow and deliberate
- Marching (2 minutes total)



Starting Position



Intermediate Movement



3.2 - CRUNCH

- Arms on chest
- Raise chest straight up rather than pulling toward knees
- Slow reps, hold 10 seconds
- Add right and left crunches
- 3 sets x 10 reps (3x10) for each direction - 9 sets total



Basic Movement



Right Crunch



Left Crunch



3.3 - BRIDGING

- Balance your body on both legs
- Push your hips up with weight in your heels
- Slowly extend one leg at a time, hold 20 seconds
- Ball bridge - hold heels on ball while keeping your core locked
- 1 set x 10 reps (1x 10)



Starting Position



Extended Position



Ball Bridge



3.4 - PRONE

- Stability Ball Flies (arms back) - Hold for a count of 2
- Stability Ball Swims (alternate arms) - Hold for a count of 2
- Stability Ball Superman (arms forward) - Hold for a count of 2
- 1 set of 10 reps (1x 10)



Stability Ball Flies



Stability Ball Swims



Stability Ball Superman



LEVEL 3.5 - QUADRUPED

- Lift opposite arm and opposite leg
- Hold each movement for 10 seconds
- 3 sets of 20 reps (3x 20) for each limb
- You may use light weights



Weighted Starting Position



Weighted Intermediate Movement



3.6 - WALL SLIDE & LUNGE

- Wall slide - ball behind your lower back, feet shoulder width apart
- For both exercises, your knees should be flexed 90 degrees
- Slow and steady, holding 10 seconds at the bottom
- 1 set of 10 reps for each exercise (1x 10)



Starting Position



Advanced Movement



Starting Position



Ending Position



3.7 - STABILITY BALL CRUNCH

- Begin with sitting on the ball
- Feet should be at least shoulder width apart
- Focus on lifting straight to the ceiling rather than toward your knees
- Hold for 10 seconds
- 2 sets of 10 reps (2x 10)



Starting Position



Beginner Movement



Right Crunch



Left Crunch



LEVEL 4

4.1 - DEAD BUG

- Unsupported
- One arm extended at a time, then one leg at a time
- Each movement should be slow and deliberate
- Marching (3 minutes total)



Starting Position



Intermediate Movement



4.2 - CRUNCH

- Arms on chest, you may add weights or a medicine ball
- Raise chest straight up rather than pulling toward knees
- Slow reps, hold 10 seconds
- Add right and left crunches
- 3 sets x 20 reps (3x 20) for each direction - 9 sets total



Basic Movement



Right Crunch



Left Crunch



4.3 - BRIDGING

- Balance your upper back on the stability ball
- Push your hips up with weight in your heels
- Slowly extend one leg at a time, hold 20 seconds
- Ball bridge - hold heels on ball while keeping your core locked
- 1 set x 10 reps (1x 10)



Starting Position



Extended Position



Ball Bridge



4.4 - PRONE

- Stability Ball Prayer - Hold for a count of 2
- Stability Ball Mountain Climbers - Hold for a count of 2
- Weighted Superman (arms forward) - Hold for a count of 2
- 1 set of 10 reps for each exercise (1x 10)



Stability Ball Prayer



Stability Ball Weighted Superman



Stability Ball Mountain Climbers Start



Stability Ball Mountain Climbers Finish



LEVEL 4.5 - QUADRUPED

- Lift opposite arm and opposite leg
- Hold each movement for 10 seconds
- 3 sets of 20 reps (3x 20) for each limb
- You may use light weights



Weighted Starting Position



Weighted Intermediate Movement



4.6 - WALL SLIDE & LUNGE

- Wall slide - ball behind your lower back, feet shoulder width apart
- For both exercises, your knees should be flexed 90 degrees
- Slow and steady, holding 30 seconds at the bottom
- 1 set of 10 reps for each exercise (1x 10)



Starting Position



Advanced Movement



Starting Position



Ending Position



4.7 - STABILITY BALL CRUNCH

- Begin with sitting on the ball
- Feet should be at least shoulder width apart
- Focus on lifting straight to the ceiling rather than toward your knees
- Hold for 10 seconds
- 2 sets of 20 reps (2x 20)



Starting Position



Beginner Movement



Right Crunch



Left Crunch



LEVEL 5

5.1 - DEAD BUG

- Unsupported
- Both arms and legs at 90 degrees flexion then fully extended
- Each movement should be slow and deliberate
- 2 minutes total



Starting Position



Advanced Movement



5.2 - CRUNCH

- Arms on chest, you may add weights or a medicine ball
- Raise chest straight up rather than pulling toward knees
- Slow reps, hold 10 seconds
- Add right and left crunches
- 3 sets x 30 reps (3x 30) for each direction - 9 sets total



Basic Movement



Right Crunch



Left Crunch



5.3 - BRIDGING

- Balance your upper back on the stability ball
- Push your hips up with weight in your heels
- Slowly extend one leg at a time, hold 20 seconds
- Ball bridge - hold heels on ball while keeping your core locked
- 2 set x 20 reps (2x 20)



Starting Position



Extended Position



Ball Bridge



5.4 - PRONE

- Weighted Flies (arms back) - Hold for a count of 2
- Weighted Swimmers (alternate arms)- Hold for a count of 2
- Weighted Superman (arms forward) - Hold for a count of 2
- 1 set of 20 reps for each exercise (1x 20)



Weighted Flies



Weighted Swimmers



Weighted Superman



LEVEL 5.5 - QUADRUPED

- Lift opposite arm and opposite leg
- Hold each movement for 10 seconds
- 4 sets of 20 reps (4x 20) for each limb
- You may use light weights



Weighted Starting Position



Weighted Intermediate Movement



5.6 - WALL SLIDE & LUNGE

- Wall slide - ball behind your lower back, feet shoulder width apart
- For both exercises, your knees should be flexed 90 degrees
- May hold a medicine ball for each exercise
- Slow and steady, holding 30 seconds at the bottom
- 1 set of 10 reps for each exercise (1x 10)



Starting Position



Advanced Movement



Starting Position



Ending Position



5.7 - STABILITY BALL CRUNCH

- Begin with sitting on the ball
- Feet should be at least shoulder width apart
- Focus on lifting straight to the ceiling rather than toward your knees
- Hold for 10 seconds
- 2 sets of 20 reps (2x 20)



Starting Position



Advanced Movement



Right Crunch



Left Crunch