



# CORE STRENGTH AND STABILITY PROGRAM

BACKGROUND

## Pelvic Neutral

Tighten AB muscles, draw belly button in, flatten your back.

**Technique:** Hiss like a snake / Say the letter "S". 'sssssss'

Try to pull out towel with your hand.

A proper core contraction should prevent the towel from moving.

This is your starting position for all core exercises!



DAY ONE



## Dead Bugs

Find Pelvic Neutral.

Alt lowering one leg at a time, maintain Pelvic Neutral.

Keep opposite knee flexed to 90°.

**Frequency:** 1 max set. Once a day.  
**GOAL:** **Good:** 2-4 m. **Great:** 4-5 m.  
**Rationale:** Lower ABs, Hip Flexor and Back Muscles



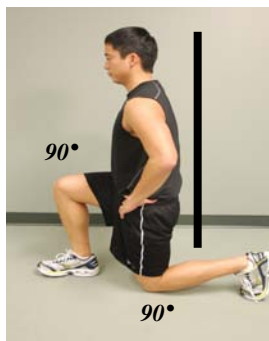
## Back Bridging

Find Pelvic Neutral.

Raise your hips, Hold for 10 sec, Lower.

Maintain Pelvic Neutral, avoid hip/back extension.

**Frequency:** 1 max set. Once a day.  
**GOAL:** **Good:** 2-4 m. **Great:** 4-5 m.  
**Rationale:** Hamstring, Back and Glut Muscles.



## Lunge

Find Pelvic Neutral. Keep Back Straight.  
Forward Lunge. Keeps Hips and Knees at 90°  
Hold 15 sec, Quickly change feet.

**Frequency:** 1 max set. Once a day.  
**GOAL:** **Good:** 2-3 m. **Great:** 4-5 m.  
**Rationale:** Quad, Hamstring, Glut Muscles.



## Quadruped

Find Pelvic Neutral.

Extend one arm, extend opposite leg.  
Hold 15 sec. Change arms/legs.  
Keep hips level, avoid back extension.

**Frequency:** 1 max set. Once a day.  
**GOAL:** **Good:** 2-3 m. **Great:** 4-5 m.  
**Rationale:** Core control with movement.



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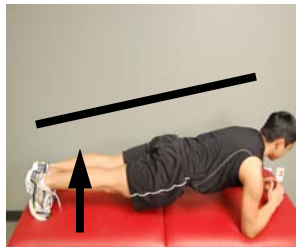
DAY TWO



## Core Crunches

Find Pelvic Neutral.  
Do crunch until elbow hits thigh.  
3 planes (forward, diagonal left, diagonal right)

**Frequency:** 3 sets each plane. Once a day.  
**GOAL:** **Good:** 3 sets / 20-30 reps / plane.  
**Great:** 3 sets / 30-50 reps / plane.  
**Rationale:** Abdominal Muscles.



## Prone Plank

Find Pelvic Neutral.  
Balance on Elbows. Squeeze Gluts.  
Hold Position. Avoid Back Extension.

**Frequency:** 1 max set. Once a day.  
**GOAL:** **Good:** 2 m. **Great:** 3-5 m.  
**Rationale:** Entire Core Muscles.



## Wall Sit

Find Pelvic Neutral.  
Keep Shoulders, Lower Back, and Gluts flat on wall.  
Knees flexed to 90°. Hold Position. Keep hands off knees.

**Frequency:** 1 max set. Once a day.  
**GOAL:** **Good:** 2 m. **Great:** 3-5 m.  
**Rationale:** Quad, Hamstring, Core Muscles.

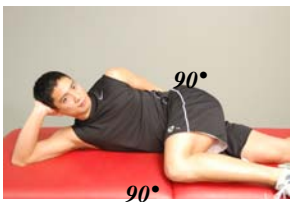


## Superman

Find Pelvic Neutral.  
Extend arms and legs. Arms parallel to ears.  
Hold Position. Avoid excessive back extension.

**Frequency:** 1 max set. Once a day.  
**GOAL:** **Good:** 2 m. **Great:** 3-5 m.  
**Rationale:** Glut, Hamstring, Back Muscles.

EXTRA CREDIT



## Fire Hydrants

Lay straight on your side, Hip and knee flexed to 90°  
Holding 90° / 90° Flexion, raise your leg off the ground.  
Hold 2 sec, slowly lower to original position.

**2 sets of 15-25 reps. Once daily.**



## Chair Pumps / Bridging

Find Pelvic Neutral.  
Raise hips off the ground. Keep hips in line with knee/shoulder.  
Hold 2 sec, slowly lower to original position.

**2 sets of 15-20 reps. Once daily.**