

# ALL AROUND / CORE EXERCISES

*Testing mobility, strength and range of motion in multiple areas*

*Static and dynamic exercises*



ARM BAR  
BIRD DOG  
BRIDGE  
CAT COW VARIATIONS  
CRAWLING FORWARD  
CRAWLING VARIETIES  
CROCODILE BREATHING  
DEAD BUG  
DEAD BUG ON FOAM ROLLER  
DEAD BUG MARCHING  
DIVE BOMBER  
DOWN DOG & REACH  
FINGERTIP PLANK

GLADIATOR SIDE PLANK  
GOBLET SQUATS  
HALOS (WITH / WITHOUT KETTLEBELL)  
HIP MATRIX  
HOLLOW DRILL  
PUSH-UP VARIETY  
SHANK BRIDGE WITH VARIATIONS  
SIDE PLANK WITH KNEE DRIVE  
SQUAT - CURL - PRESS  
SQUAT & REACH  
SUPINE GLUTE ISOMETRIC  
TURKISH GET UPS  
WINDMILLS

## SPINAL ROTATION

When we put the upper and lower torso in rotational patterns, especially when under load, we challenge and increase the quality of spinal movement, stabilization, strength and flexibility.

The benefit is spinal safety, injury prevention and protection.

These exercises challenge joint integrity, re-establish quality movement patterns, correct imbalances, build strength and stability patterns and improve soft tissue (muscle) connections.

## DISCLAIMER

These exercises are general and are not patient specific. They are intended to give ideas across all experience levels. Please use caution and understand that some may not be appropriate for you.

If you have a spinal injury, degeneration, arthritis or any condition that compromises or limits the integrity of your spine and/or discs, please use caution when trying these exercises. If you feel they are too advanced for you, please do not try them.

If you have questions regarding which exercises may be right for you, please consult your physical therapist.