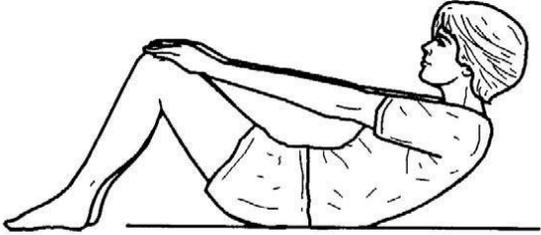
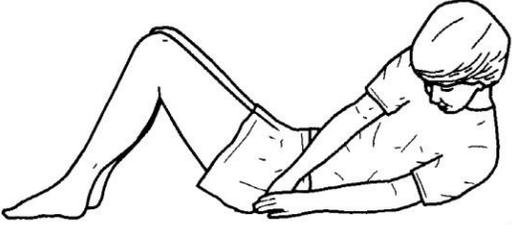


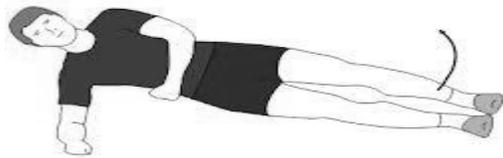
“Core stability” describes the ability to control the position and movement of the central portion of the body. Core stability training targets the muscles deep within the abdomen which connect to the spine, pelvis and shoulders, which assist in the maintenance of good posture and provide the foundation for all arm and leg movements.

Core Stability Exercises	Descriptions
<p data-bbox="240 583 370 615">Crunches</p>  <p data-bbox="240 1423 487 1455">Oblique Crunches</p> 	<p data-bbox="966 583 1393 945"> 1. Lie on your back with your knees bent and your feet flat on the floor. 2. “Crunch” or curl your stomach to lift your shoulders just off the floor. Try not to use your hip flexor muscles to carry out this movement, or use your arms to pull up your head. </p> <p data-bbox="966 1171 1393 1753"> a) Lie on your back. Raise your legs and bend them so that you form a right angle at your hips and your knees. Place your hands gently on the side of your head. b) Lift your shoulders off the floor and twist, reaching your right elbow towards your left leg. c) Return to the floor then repeat, twisting in the opposite direction. Take care not to rock. Your hips and legs should stay as still as possible, allowing your trunk to do all of the work. </p> <p data-bbox="966 1827 1307 1858">a) Assume a front-support</p>

The Plank



Oblique Plank



Static Leg and Back



position resting on your fore-arms with your shoulders directly over your elbows.

b) Straighten your legs out behind you and lift up your hips to form a dead-straight line from your shoulders to your ankles. You should be balanced on your fore-arms and toes, with your lower abdomen and back working to keep your body straight. Hold for 30 – 60 counts.

a) On your side, balance on your right fore-arm with your shoulder above your elbow.

b) With your legs out straight to the left, lift your pelvis so that you are balanced on your fore-arm and feet. Your body should form a straight line and you should feel the oblique muscles down the side of your trunk working to maintain the position.

c) Hold for 30 – 60 counts then repeat on other side.

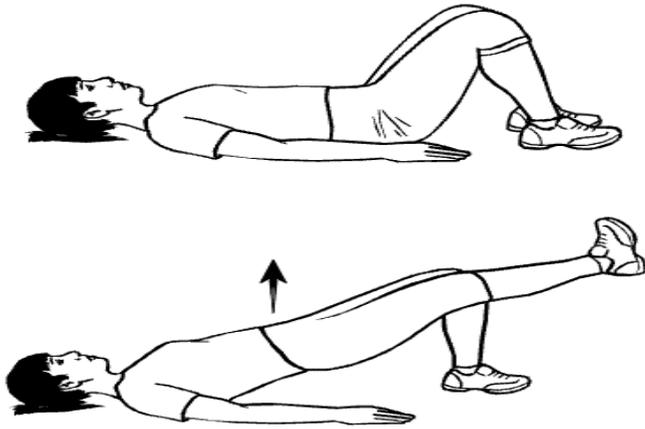
a) Lie on your back with your knees bent and your feet flat on the floor.

b) Lift your pelvis so that you form a bridge position with a straight line running from your shoulders to your knees.

c) Lift your right leg off the floor and extend it so that it continues the straight line. You should be able to feel your left buttock, your back, and lower abdomen working to keep the position.

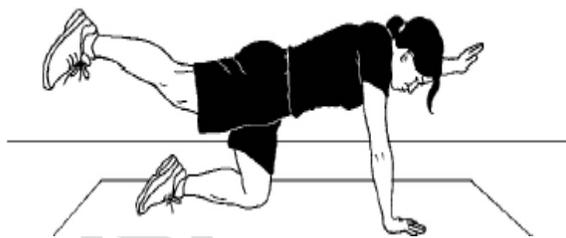
d) Hold for 30 seconds then repeat on the other leg.

Dynamic Leg and Back



- a) Assume the same position as for the “Static leg and back”.
- b) Lower your pelvis but do not allow it to tilt or touch the floor. This should be a slow, controlled movement.
- c) Return to the original position, restoring the straight line from shoulders to toe. You may find it easier to balance if you hold your free arm out. This will also make the exercise a bit easier by altering the distribution of your weight. Make sure that your pelvis does NOT tilt at all while your leg is raised. Your hips should be level at all times. Aim to complete 10 on each leg. Stop if you feel your hamstring tighten.

Superman



- a) Balance on the floor on your hands and knees. Your back should be flat and hips parallel to the floor.
- b) Raise your right arm out in front of you and raise your left leg out behind you, keeping it straight.
- c) Hold for 30 seconds and then repeat on the other side.