

Home Exercises

These exercises are designed to improve your overall core stability. They should be performed two or three times a week, with at least one day rest between.

Following the exercises I recommend doing your recommended stretches as this will prevent tension building up in the muscles as you strengthen them.

Keep the movements slow and controlled when lifting and lowering for a more effective work out.

Quadruped Back Strengthening Exercise

There are three stages to progress through of this core stability exercise which is a good allrounder.

The aim is to keep the body as inline as possible throughout the exercise so your abdominal muscles should be contracted about 50% to help keep stability. It may help to balance a small ball (tennis etc.) in the small of your back and prevent it rolling off! The idea is to perform the stage of exercise **below** the level of exercise you cannot achieve, without losing balance or shaking.

Start on all fours with your back straight and your pelvis in a neutral position with your neck straight and looking at the floor.

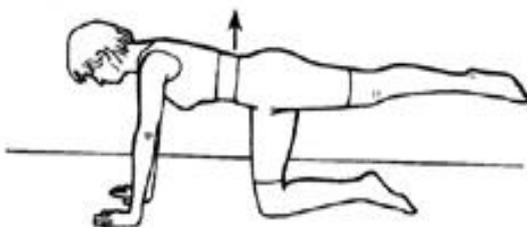
If this position is too uncomfortable for whatever reason, this exercise can be adapted to lying on the abdomen.



Three stages:

1. Lift one arm out in front of you so it is in line with your back and hold for five seconds, put it back down to the floor and put the other arm out in the same fashion and hold for five. Progress yourself up to 5 sets of 10 (50 lifts in total). If you are able to do the full sets without losing stability progress to level 2.
2. First contract your right buttock muscles then, lift the right leg off of the floor out to the back, so it is straight and in line with your back. Hold it still for five seconds and return to the start position. Then repeat with the other leg and hold for another five. Again before progressing to the next step you must achieve 50 total leg lifts without loss of stability.
3. Lift one arm and the opposite leg at the same time and hold for five then switch arms and legs. Ask me for advice on further progression if stage 3 is achievable to 50 lifts.

Stage 2.



Stage 3.



Dead Bug Strengthening Exercise

As with the above exercise there are three stages to progress through of this core stability exercise which is a good allrounder but give emphasis to the abdominal muscles. The aim of this exercise is to maintain the small arch of the lower back preventing the pelvis from tilting forwards or backwards so your abdominal muscles should be contracted about 50% to help keep stability. As shown in the image for stage 3, you can use a hand in the small of your back to feel any loss or increase in the lumbar lordosis (arch).

The idea is to perform the exercise stage **below** the stage of exercise you cannot achieve without the pelvis rocking. Increase to 50 repetitions before progressing to the next stage

Stage 1. Opposite arms



Keeping the arms straight switch side to side counting to 5 seconds for each change. The resting arm should be kept at the side.

Stage 2. Opposite legs



Switch legs, following a controlled cycling motion. Try to take 5 seconds to switch to each side, whilst preventing the pelvis from tilting forward by contracting the stomach muscles. Arms can be kept at the side, under the lower back to feel the curve, or behind the head to support the neck.

Stage 3. Opposite arms and legs



This a slow combined movement of opposite arm to leg. Both should be extended out equally and controlled. The resting leg should be bent with the foot on the floor, as shown. As in stage 2 the resting arm can be kept where comfortable, but ideally at your side.

As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician or myself.