**CORE STRENGTHENING**

**‘ALTERNATING DEAD BUGS’**

1. Lie on back with hips and knees bent at 90 degrees and arms straight up.
2. Slowly lower right arm and left leg, keeping arm straight and straightening leg without touching the ground.
3. Keep core engaged and lower back should stay flat on ground.
4. Bring arm and leg back to starting position; repeat with opposite arm and leg.
5. Hold each position up to 30 seconds.
6. Repeat four times.

**‘SUPERMAN’S’ LUMBAR EXTENSION**

1. Lie face down with arms outstretched overhead.
2. Arch upward, raising arms and legs up at the same time.
3. Breathe normally. Do not hold breath.
4. Hold up to 30 seconds.
5. Repeat four times.

**‘ALTERNATING SUPERMANS’**

1. Lie face down with arms outstretched overhead.
2. Arch upward, raising right arm and left leg at the same time.
3. Return to starting position; alternate to the left arm and right leg.
4. Breathe normally. Do not hold breath.
5. Hold up to 30 seconds on each side.
6. Repeat four times.

**‘ALTERNATING QUADRUPED’**

1. Get in four-point position on hands and knees, shoulder width apart.
2. Hips should be bent at 90 degrees and back should be in neutral spine.
3. Breathe normally. Do not hold breath.
4. Hold up to 30 seconds on each side.
5. Repeat four times.
**CORE STRENGTHENING**

**LUMBAR BRIDGING**

a. Lie on back with knees bent.
b. Cross arms over chest.
c. Lift hips up and hold for five seconds.
d. Hold for up to 30 seconds.
e. Repeat three times.

**MOUNTAIN CLIMBERS**

a. Begin in a plank position with hands directly below shoulders.
b. Keeping core engaged, bring right knee toward your chest, keeping toes off ground.
c. Return to starting position; alternate to the left leg.
d. Keep switching legs and begin to pick up pace once form is correct.
e. Continue up to 30 seconds.
f. Repeat three times.

**6-INCH, STRAIGHT-LEG HOLDS**

a. Lie on back with your arms by your side; feet straight out and close together.
b. Keeping your head, shoulders and back flat on the ground, engage your core and lift your feet 6 inches off ground.
c. Hold position up to 30 seconds.
d. Repeat three times.

**BICYCLES**

a. Lie on back with your hands behind your head.
b. Bring your knees up to your waist, with your feet in the air and lift your shoulders slightly off ground.
c. Rotate to the right, bringing your left elbow toward your right knee while straightening your left leg out, keeping it off the ground.
d. Alternate to each side, moving your legs in a pedaling motion.
e. Continue up to 30 seconds.
f. Repeat three times.
CORE STRENGTHENING

RUSSIAN TWISTS
a. Lie flat on ground with knees bent and heels on the ground.
b. Lift shoulders off the ground and hold upper body about 45 degrees from the floor.
c. With arms out straight and palms together; begin slowly twisting from right to left.
d. Tap hands on the ground to ensure full twisting.
e. Continue up to 30 seconds.
f. Repeat three times.

ELBOW PLANKS
a. Lie on stomach with forearms and elbows underneath you.
b. Lift hips and thighs up until trunk and back are straight.
c. Ensure elbows are directly below shoulders at 90 degrees.
d. Keep core engaged and breathe normally.
e. Hold up to 30 seconds.
f. Repeat three times.

Download exercises from houstonmethodist.org/at-resources