

Notes :

1 Plank on knees



Prone plank progression 1
Position yourself on your forearms and your knees then lift yourself up in a straight line.
Contract your glutes and abdominals to prevent arching your lower back.
Keep your body in a straight line from your head to your knees and keep your elbows under your shoulders.

Reps: 10 Freq: 1-2x/day Hold: 15-30 seconds

2 Prone plank



Prone Plank progression 2 (done only if you can hold progression 1 for longer than 30 seconds without loss of technique)
In a prone position with your arms underneath your torso and your elbows at chest level, lift yourself up and maintain the position on your elbows and the tip of your toes.
Squeeze your buttocks to prevent your back from arching.

Reps: 10 Freq: 1-2x/day Hold: 15-30 seconds

3 Beginner dead bug



Dead Bug progression 1
Lie on your back with your knees bent, feet flat on the floor and arms at your sides. Your spine is in neutral (maintain tight abdominals to keep back flat on the floor).
Raise one arm over your head as you extend the opposite leg up.
Repeat on the other side.

Sets: 3 Reps: 10 Freq: 1x/day Hold: 2-3 seconds

4 Dead bug extension 1



Dead Bug progression 2 (should only be used if dead bug progression one is too easy)
Assume a neutral pelvic position (tight abdominals, with back flat on floor), with the feet flat on the floor, one leg lifted, knee bent, as shown. Extend the raised leg then slowly lower the leg while simultaneously lowering the opposite arm to the floor. Slowly return to the starting position. Then repeat with the other leg and arm. The leg and shoulder should be 6-12 inches off floor. Hands should be 4-6 inches off floor.

Sets: 3 Reps: 10 Freq: 1x/day Hold: 2-3 seconds

5 Bilateral glute bridge on heels



Lie on your back with your knees bent.
Lift your toes off the floor and squeeze your buttocks together to lift them off the ground until your hips are in line with your thighs and torso with your spine neutral (do not arch your back).
Slowly lower your body and repeat.
If this is too hard to balance on your heels, please keep your feet flat.

Sets: 1 Reps: 10 Freq: 1-2x/day Hold: minimum 15-30 seconds

6 Single leg glute bridge



Glute bridge progression 2 (switch to this glute bridge progression only if you are able to hold the double leg glute bridge for greater than 30 seconds without shaking/fatiguing).

Start lying on your back with knees bent and feet flat.

Lift one leg off the floor and go up into a shoulder bridge, peeling one vertebrae at a time.

Keeping the leg out straight and the thigh in line with the other thigh, lower yourself on the ground and lift yourself back up, peeling one vertebrae at a time. The length of time you hold this exercise on each leg will depend on your strength and tolerance to fatigue with this exercise.

Sets: 1 Reps: 10 each side Freq: 1x/day Hold: 15-30 econds

7 Side plank



Lie on your side with the knees bent to 90 degrees and the legs in line with the body.

With your upper body supported on your elbow, make sure the elbow is directly under the shoulder.

Engage your core by recruiting your pelvic floor and transverse abdominis.

Lift your pelvis until your body is aligned and maintain the position.

Sets: 1 Reps: 10 each side Freq: 1x/day Hold: 15-30 econds

8 Side plank



Lie on your side with your legs straight and in line with your body.

Support the upper body on the elbow/forearm, with the elbow directly under the shoulder. Place your top arm on your side.

Lift your pelvis off the floor to create a straight line with your body, and hold the position without allowing your pelvis to drop.

Repeat on the other side.

Sets: 1 Reps: 10 each side Freq: 1x/day Hold: 15-30 econds