

## CORE CONFIDENCE

### CORE STRENGTH PROTOCOL



#### Exercise 1: Bird Dog

**Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk**

**Start:** Begin on your hands and knees with your head and back in a straight position. Hands should be under your shoulders, hips directly above knees.

**Movement :** Activate core muscles. Raise one arm to shoulder level as opposite leg simultaneously lifts off floor, extending to hip height. Pause momentarily. Return to start position and alternate sides. Maintain a straight spine position, not allowing your hips to twist or rotate. Do not hyper-extend low back when extending leg. Repeat for prescribed repetitions and sets.



#### Exercise 2: Modified Side Plank

**Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk**

**Start:** Begin on your side with knees bent. Place support forearm directly under shoulder.

**Movement :** Activate core muscles. Lift hips off floor and attain a straight, rigid position from thighs through your upper body. Once in this position, there should be no movement. Maintain core contraction. Hold for recommended duration. Repeat for prescribed repetitions and sets. Perform on opposite side.



#### Exercise 3: Dead Bug

**Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk**

**Start:** Begin lying on floor. Lift knees so that a 90° position is attained at hip and knees. Reach arms upward toward ceiling.

**Movement :** Activate core muscles. Flatten lowback against floor. Slowly lower one foot towards floor while opposite arm simultaneously lowers overhead toward floor. Arm or foot should not contact floor at any time. Slowly return to the start position and repeat on opposite side. Continue alternating sides for prescribed repetitions and sets.



#### Exercise 4: Prone Plank

**Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk**

**Start:** Begin face down with forearms, knees and feet touching floor.

**Movement :** Activate core muscles. Lift knees off floor so that forearms and toes are supporting body weight. Maintain a straight plank like position from ankles through shoulders. Maintain core contraction. There should be no movement once this position is attained. Hold for recommended duration. Repeat for prescribed repetitions and sets.

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#### Exercise 5: Supine Core Activation

**Sets: 1 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk**

**Start:** Lie on your back with knees bent and slightly apart. Place the finger tips of one hand just below your sternum.

**Movement :** 1. Perform an abdominal draw pulling inward approximately 1" toward the floor without flattening out your low back. You should feel a light muscle contraction under your finger tips.  
 2. This exercise may also be learned by taking a full inspiration followed by a full expiration. Once you have fully exhaled you have performed an abdominal draw. Hold this abdominal position while allowing yourself to breathe normally.  
 3. You have performed this properly if you are able to maintain this abdominal draw position and able to breathe and/or talk without difficulty.



#### Exercise 6: Side Plank

**Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk**

**Start:** Begin lying on your side with support forearm directly under shoulder.

**Movement :** Activate core muscles. Lift body to attain a straight plank position with body weight on forearm. Maintain core contraction. Hold for recommended duration. Repeat for prescribed repetitions and sets. Perform on opposite side.



#### Exercise 7: Modified Plank

**Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk**

**Start:** Begin face down with forearms, knees and feet touching floor.

**Movement :** Activate core muscles. Lift upper body up off floor so that forearms and knees are supporting body weight. Maintain a straight plank like position from knees through shoulders. Maintain core contraction. There should be no movement once this positions is attained. Hold for recommended duration. Repeat for prescribed repetitions and sets.

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#### Exercise 8: Dead Bug - Progression 1

**Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk**

**Start:** Begin lying on your back with knees bent and feet flat on the floor. Raise both arms above head pointing towards ceiling.

**Movement :** Activate core. Lift one foot off floor until knee is directly above hip, keeping arms raised. Pause momentarily. Return to start position. Repeat for recommended repetitions and sets.



#### Exercise 9: Lunge Training

**Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk**

**Start:** Begin standing, holding a broomstick or wooden dowel along spine touching in between shoulder blades and at base of spine in the middle of pelvis.

**Movement :** Activate core. Perform a lunge, stepping forward then lowering body downward maintaining knee-foot alignment, both side and front view, in the forward leg. If broomstick loses contact with mid-back or mid-center of pelvis, stop and return to start position, as broomstick contact should be maintained during entire movement. Repeat for recommended repetitions and sets.



#### Exercise 10: Dead Bug

**Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk**

**Start:** Begin lying on floor. Lift knees so that a 90° position is attained at hip and knees. Reach arms upward toward ceiling.

**Movement :** Activate core muscles. Slowly lower and straighten one arm overhead toward floor but do not let arm rest on floor at any time during exercise. Slowly return to the start position and repeat on opposite side. Continue alternating sides for prescribed repetitions and sets.