

Core Exercises

The 5 essential Core Exercises and additional exercises. Perform 1-3 sets each 5-7 x a week. Great to do before any workout.

1. Planks (modified on knees) Hold for > 30 seconds for 1-3 sets or 10 seconds for 10 reps. Keep abdomen in and braced while keeping back straight.



2. Sidebridge (modified on knees) Hold for > 30 seconds for 1-3 sets or 5-10 seconds for 10 reps. Keep abdomen in and braced while keeping back straight.



3. Bridge (modified both feet on floor) Hold for > 30 seconds for 1-3 sets or 5-10 seconds for 10 reps. Keep abdomen in and braced while keeping back straight.



4. BirdDog (modified only raise leg) Hold for > 30 seconds for 1-3 sets or 5-10 seconds for 10 reps. Keep abdomen in and braced while keeping back straight.



5. Crunch Perform a crunch motion lifting head off floor, keeping head straight, using your abdomen muscles. At the same time you are doing the crunch try to keep your navel in by performing a draw in maneuver. You can have your arms by your side or you can place hands behind head. Keep one knee bent to spare back, switch bent knee halfway through set.



Core Gluteal Exercises

2-3 x a week: 1-3 sets - The Glutei are part of the central core.

* **Supported Squats** Perform daily for 1 or more sets at 5 to 15 reps. See description above.

- Hold on to support at waist level like a countertop
- Hinge at hips bringing buttocks back and down and lower yourself
- Do not let knees and lower legs go beyond toes, try to keep them in same perpendicular spot to floor
- Keep slight natural curve to spine by embracing abdomen muscle
- Keep head up looking straight ahead
- As you improve and get stronger go lower
- Try not to let back round at end of motion or let knee collapse in or out
- The advance version is only for those with a Superior Level of Fitness; the advanced version has you going as low as you can go, almost letting you buttocks touch to calves

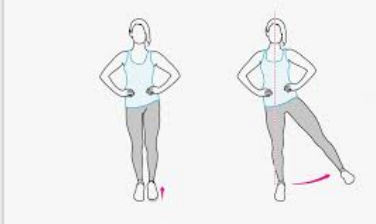


* **Lunges** Perform 2-3 x a week for 1 to 3 sets for 10-15 reps. Keep back straight, drop rear knee to floor using the support legs musculature, especially the gluteal muscles, doing most of the work. Do not let support leg knee go beyond toe.

Raise back up using gluteal muscles. **Lunges-Advanced put rear leg up on support or hold weights or with Bands**



* **Lateral Leg Lift**- Standing straight as possible abduct leg as high as you can without losing the straight upper body alignment. At top of motion hold for 1-3 secs and return, repeat 10-15 times. You can also do this side lying.



* **Goblet Squats**— Holding dumbbell across chest perform a squat maintaining lumbar neutral posture for 10-15 reps. Modified version do not hold weight.



* **Bridges on Ball** Place feet on ball and lift buttocks off floor. Hold for > 30 seconds for 1-3 sets or 5-10 seconds for 10 reps. Keep abdomen in and braced while keeping back straight. **Leg Curls on Ball**

Place feet on ball and lift buttocks off floor then pull ball in and out for 1-3 sets at 10-15 reps. Keep abdomen in and braced while keeping back straight



Shoulder Stabilizers (The Core of the Shoulders)

2-3 x a week: 1-3 sets

* **Rotator Cuff Exercise** Keep elbows by side, squeeze shoulder blades together, you can do this both palms up and down



* **Mid Row** Attach band to support. From full arm lengths position pull band into body squeezing shoulder blades together, you can do this both palms up, down, or to the side. Do 10-15 reps



* **High Row** Keeping elbows up perform similar move squeezing shoulder blades together. Do 10-15 reps



* **Low Row** Keeping arms straight squeeze shoulder blades together performing similar row, you can do this with palms forward and backward. Do 10-15 reps



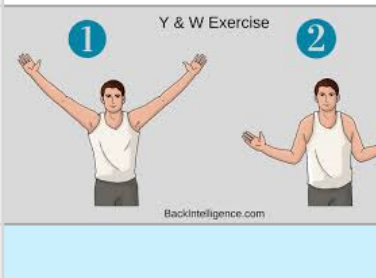
* **Pushups**- Modified with hands wall, on counter, and chair- then to Modified on Knees on floor- Intermediate-full push ups-Advanced with alternate hand raise- Do 10-15 reps



* **Band Pulldowns / Pull Ups**-Modified-use bands or machine to mimic pull down motion-Intermediate-use assistance when doing pull ups-Advanced—no assistance when doing pull ups- Do 10-15 reps



* **Ys and Ws** against the wall. Do 10-15 reps



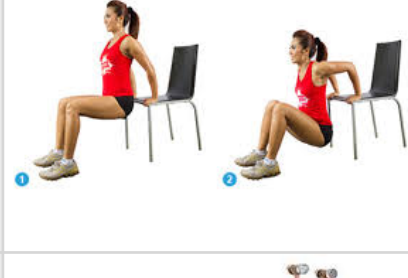
Intro Compound Exercises

which are exercises that work more than one muscle group. 2-3 x a week: 1-3 sets

Single Leg Deadlifts—You can hold onto something at first. With knee locked and somewhat bent hinge at hip and bend forward keeping back locked. Go to stretch and return and then repeat for 10-15 reps. Perform 1-3 sets. Remember to do both sides.



Dips off a chair-till you feel a burn-you can put feet up to increase challenge. Do not go too deep. Nor more than 90 degrees of flexion



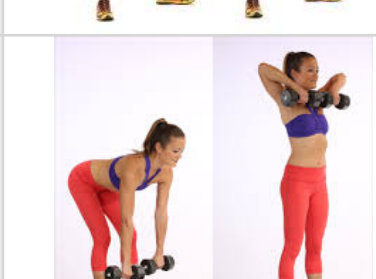
Squats to Shoulder Press 10-15 reps—Weighted with Dumbbells or Bands



Wide Squats to Curls 10-15 reps—Weighted with Dumbbells or Bands-when you can 10-15 reps easily increase weight



Deadlifts to Upright Rows 10-15 reps-Weighted with Dumbbells or Bands-when you can 10-15 reps easily increase weight. DO NOT BRING DUMBBELLS BELOW KNEES OR ABOVE SHOULDERS AS SEEN IN VIDEO



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<https://www.youtube.com/watch?v=djm7uruuDSU>

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<https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/66/glute-bridge>

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