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## Core Strengthening on All Fours

These exercises will help strengthen the deep abdominal muscles that help you maintain good posture, reduce back / pelvic pain and help prevent incontinence and prolapse.

Aim to do up to 3 sets of 10 repetitions. Quality is more important than quantity so progress slowly.

### 1. Alternate arms

Starting position – kneel on your hands and knees with knees hip width apart. Make sure your spine is in neutral, ie. Do not hunch your back nor let it dip. Imagine you have a glass of water sitting on your back that is not allowed to spill so keep your back and pelvis still!

Straighten your right arm out in front of you and then return to starting position. Repeat left arm.

Progress to ....

### 2. Alternate legs

Starting position – as above

Straighten your right leg out behind you and then return to starting position. Repeat left leg.

Progress to ....

### 3. Combine arms and legs

Starting position – as above

At the same time straighten your right arm and left leg out and then return to starting position.

REMEMBER – always keep your back and pelvis stable

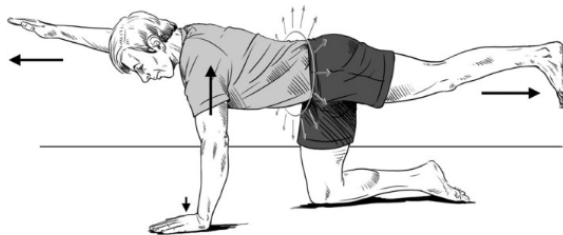


Figure 2 Bird Dog.