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CORE MUSCLE STRENGTHENING – LEVEL 1

Pelvic tilt: Lie on your back, knees bent, hands on your pelvis to feel lower abdominals or by your side, feet hip width apart. Tighten your pelvic floor then deep lower abdominal muscles (core muscles). Hold as you flatten your lower back into the floor by tucking your bottom under and tilting your pubic bone towards your ribs. Then return pelvis to starting position and continue tilt so your back arches slightly off floor then return to starting position. Breathe normally during exercise. Only once you finish this rock of the pelvis do you let go of pelvic floor and lower abdominal muscles (refer first picture below).

Segmental Bridging: As above but after initial tilt backwards, continue to slowly lift each part of your spine off the floor one by one until you are high enough to have your shoulders, hips and knees in a straight line. Hold x5 sec. Slowly uncurl your spine one at a time so that your tail bone is last to touch the floor only then let go of pelvic floor and lower abdominal muscles. Breathe normally during exercise. If you have difficulty and tend to hold your breath try timing movement during expiration.

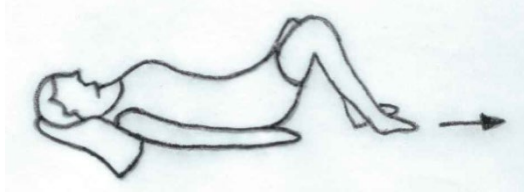


Bent Knee Fall Out: Starting position as above. Tighten your pelvic floor then your deep lower abdominal muscles. Hold as you slowly drop one knee out until you feel your pelvis start to lift or you lose control of your core, then bring knee back in to starting position, controlling the movement and pelvis all the time with your core muscles. To start with this movement of your knee may be only about 5cm but will increase as control improves.



Leg Slide: Starting position as above. Place one hand on your upper abdomen and the other on your pelvis. Be aware of what part/s of your lower back are in contact with the floor. Slowly slide one foot away from your

body until you feel your back lift off the floor or you feel your pelvis rotate. The hand on your upper tummy may lift as your back arches so if you feel any movement here then you have gone too far. Control foot back in to starting position using core muscles.



Progressions: Same positioning as above exercise. ONLY progress as you are able to easily hold your pelvic floor and deep abdominal muscles without your upper abdominal muscles bulging/oming up during the movement and you are able to breathe normally throughout for 3 sets of 10 repetitions on each leg. If you have difficulty and tend to hold your breath try timing movement during expiration.

~ **Single bent leg lift**

~ **Single bent leg lift with leg extension**

~ **Single bent leg lift with leg extension, hold, then lower leg, raise and return**

~ **Single bent lift with leg extension then circle leg clockwise / anticlockwise**

~ **Low head lift**