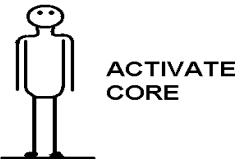






CORE STRENGTH – 5 key exercises

	<u>Exercise Description</u>	<u>Sketch</u>
1	<p>“Standing Neutral” X 10 breaths. Shoulders blade low. Standing tall. Pelvis in neutral position. On every out breath activate core muscles by pulling in lower abdominal muscles by one third.</p>	
2	<p>“Side Bend” X 10 on each side – build up to 20 each side. Elbow under shoulder, bottom leg straight, top foot dropped in front of lower foot. 4 part movement: i) lift hips; ii) extend arm over head; iii) arm back; iv) lower hip. Keep shoulder pulled down low throughout. Lift and extend arm over on out breath, arm back and lower on in breath.</p>	
		
3	<p>“Roll Up” X 25 – build up to X 75. Start lying with knees up. Curl up, bend spine as much as possible. Keep heels in contact with floor at all times. Curl down, bend spine as much as possible. Controlled throughout. Breathe out as you roll up in as you roll down. Easier – feet further away. Harder – feet nearer. Harder – fingers on shoulders.</p>	
		
4	<p>“Shoulder Bridge” X 10 – build up to 15. Start lying with knees up, neutral pelvis, slight gap under lower back. Breathe in and flatten back. Start to breathe out as you activate core muscles, clench glutes (bum) and tilt pelvis up then peel spine off the floor, one vertebrae at a time. Breath in at top then breath out as you reverse the move to lower.</p>	
	<p style="text-align: center;"> Imprint spine Peel spine off floor then reverse </p> 	
5	<p>“Seated Twist” X10 each way – build up to X20 Sit cross legged. Activate shoulder girdle (shoulders low). Good posture. As you breathe out twist shoulders round slowly as far as you can (sit squarely on the floor). As you breathe out twist back to middle. Repeat the other way. Squeeze round as far as you can each time.</p>	

ACTIVATING THE SHOULDER GIRDLE

To activate the shoulder girdle concentrate on relaxing the shoulders then think about sliding the shoulder blades down the back.

VISUALISE moving the shoulder blades down your back towards your back pockets. Lowering the shoulder blades will lower the shoulders.

At the same time lengthen the neck. **VISUALISE** a string pulling straight upwards from the crown of the head.

ACTIVATING THE PELVIC GIRDLE

Activate the pelvic girdle by approximately 30%.

There are two ways to achieve this:

1. Think about pulling up the pelvic floor muscles. **VISUALISE** the pelvic floor muscles as a lift. When they are relaxed the lift is on the ground floor. On an out breath lift the pelvic muscles to the top floor, the 10th floor, and then relax. The 3rd floor is the level you want to achieve to activate the pelvic girdle.
2. Think about drawing in the lower abdominal muscles. **VISUALISE** wearing a hipster belt. When the abdominal muscles are relaxed the belt buckle is on notch zero. On an out breath draw in the abdominal muscles as far as possible – notch 10 on the belt, then relax. On the Then on the next to notch 3. Notch 3 is the level you want to achieve to activate the pelvic girdle.

BREATHING

Core strength work involves thoracic breathing (also known as lateral breathing).

This involves breathing “wide and full”. As you breathe in the ribcage widens and expands. Thoracic breathing does not involve lifting the ribcage or lifting the shoulders.

When in a standing neutral stance place the hands on the front of the lower ribcage (see sketch) with finger tips touching.

Breathe in through the nose and breathe out by blowing out through the mouth. **VISUALISE** blowing out through a straw as you breathe out.