

Dead Bugs (core stabilization):

Lying on your back. Perform a posterior pelvic tilt by contracting your core and flattening your low back against the floor. Then lift your legs up so you are at a 90/90 angle at your hips and knees. Begin to alternate arm and leg extension, and stay within your pain-free range of motion to strengthen the core. Think of bracing your core as you move each limb to maximize the resistive nature of this exercise.



Planks (Core stabilization):



Start by lying on your stomach, curl your toes under you and align your elbows under your shoulders. On a breath in, lift your torso so it is parallel to the floor (completely flat – try not to elevate your hips). Continue to breath regularly and remember to keep your hands relaxed (wiggle your fingers to release tension). Once this position can be maintained for 60 seconds with no breaks, begin to introduce some instability by slowly lifting one leg (about a foot off the ground) and then return to neutral and switch. Avoid twisting your torso; this will keep the external and internal obliques active and strong. (Hint: widening your feet will help balance) Lifting of the arms is recommended after you have master these first two steps (60 seconds and leg lifts with no twist). When you decide you are ready to incorporate your arms, remember to retract your scapula down and back towards your sacrum, in order to activate your lower trapezius. “Stir the pot” when on a medicine ball (this spring loads the rectus abdominis - best way to train) small movements are key here. Keep an eye on your shoulders and keep them in line with your elbows.



Hip Lifts from Table Top position:

Begin by sitting on a swiss/exercise ball (or other surface that allows your knees to be bent at 90° when seated) and slowly walk your legs out so that your upper back (scapulas) rest on the ball. Maintain a tabletop position while squeezing your glutes and hold for a count of 5 then slowly and controlled, lower your pelvis toward the floor without rocking the ball forward. Then push with your heels and lift your pelvis back to tabletop position (squeeze and count to 5). Continue to periodically use this exercise throughout the day (start by doing 3 sets of 10 repetitions). If this causes any discomfort, try to activate the glutes other ways, like contracting and pulling your pant pockets together or push your heel in the ground to activate (also good to try while driving, though don't let it distract you!).

