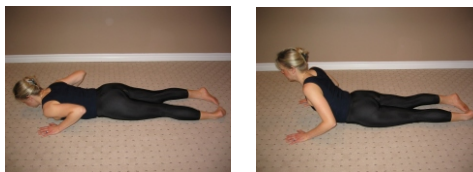


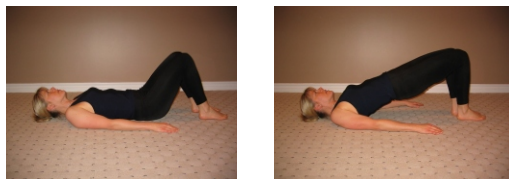
# CORE STABILIZATION FLOOR EXERCISES - Beginner

Lie on your stomach with arms at chest level. Make sure to activate the low back muscles first before using arms to help push up. Lie with the toes pointing toward each other to eliminate "cheating" with the pelvic muscles. Tighten the stomach muscles while contracting the low back muscles to lift gently into extension. ( Arch your back slightly ) Keep the head in neutral position. Repeat slowly 5 - 8 times. If you become too fatigued, or many repeats become uncomfortable, simply lie with a thick pillow under your chest to promote the extension position

## SLOPPY PUSH UP



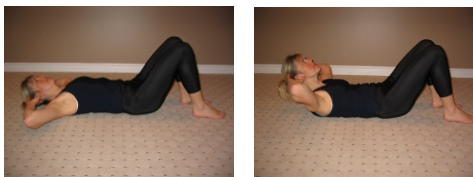
## REVERSE PELVIC TILT



Lie on your back. Push the back into the floor by tightly contracting the buttocks and abdominals. Contract tighter while lifting the pelvis off the ground. Hold for 5 seconds, then release. Do this slowly, trying to raise and lower yourself one vertebrae at a time . Repeat 3 - 5 times.

## ABDOMINAL CURL UPS

Start by lying on the ground with your fingertips supporting your head behind your ears. Keep the elbows pointing outward. The knees should be bent. Inhale, then lift the head and upper back off the floor, while pressing the small of the low back into the floor. Instead of curling forward, try to lift the chin to the ceiling and keep the neck supported with the hands. Exhale as you lower yourself. Repeat 10 -15 times.



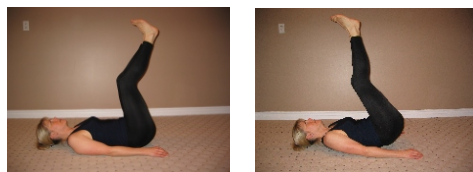
## OBLIQUE ABDOMINALS



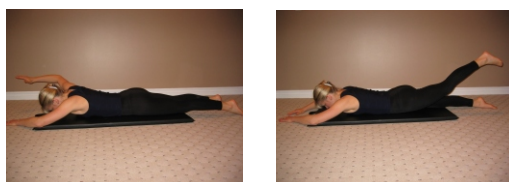
Start in the same position as the curl up, except that the left hand will support the head and the right hand is resting by your side. Inhale as you lift, and slide your right hand down toward your feet, while the left elbow is lifted toward the ceiling. Exhale as you lower yourself. Repeat 10 -15 times.

## LOWER ABDOMINALS

Start by lying on your back with the head resting on the floor. By contracting the abdominals, lift the buttocks off the floor to bring the knees closer to the chest. Try to keep the movement controlled without a rocking motion. Then lift the heels toward the ceiling using the abdominal muscles. Repeat 5 - 10 times.

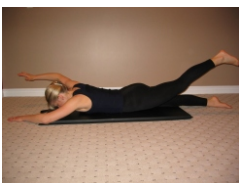


## BACK EXTENSIONS



Lie on the mat / floor on your stomach. A small pillow can be placed under the hips for support. Slowly raise one arm using the upper back muscles. Repeat with the other arm. Next, raise one leg using tightened back muscles, and keeping the front of the hip in contact with the floor at all times. Repeat with the opposite leg. Repeat sequence 10 - 15 times.

## ADVANCED BACK EXTENSION



Perform the above exercise, but lift one arm with the opposite leg ( eg. Right arm and left leg ). Keep the front of the hip in contact with the floor. Repeat 10 -15 times.



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Consult a health professional before beginning any exercise or stretch program.

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