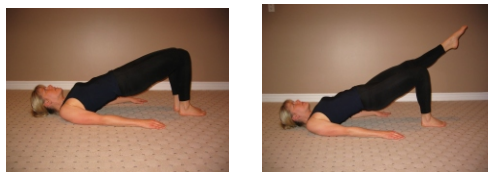


CORE STABILIZATION FLOOR EXERCISES - Advanced

ADVANCED REVERSE PELVIC TILT



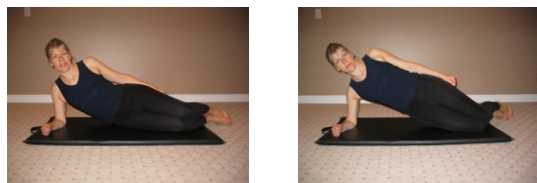
Perform the reverse pelvic tilt. At the "top" of the exercise, slowly straighten one leg. Hold for 5 seconds, bend the knee back, and slowly return to start position. Repeat 5 - 10 times.

SUPERMAN LIFTS

Start on your mat on the hands and knees, with the back in neutral position. Slowly raise one leg until it is parallel with your body. Make sure not to twist the hips or upper back. Keep the head position neutral. Once you are stable in this position slowly raise the opposite arm. Hold this position for 5 seconds. Slowly lower both limbs down and repeat the sequence 10 - 15 times.



SIDE BRIDGES



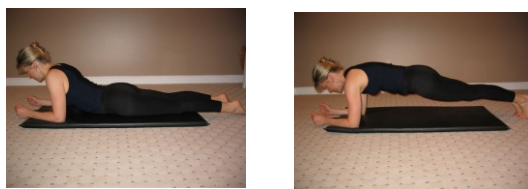
Start by lying on your side, raised up on one elbow, with the knees bent. Make sure the elbow is directly underneath the shoulder, with the elbow at 90 degrees. Have the body perfectly parallel with the knees bent at 90 degrees and the hips in line with the knees. Slowly raise the hips off the floor. Hold for 5 seconds, then slowly lower. Repeat 5 times.



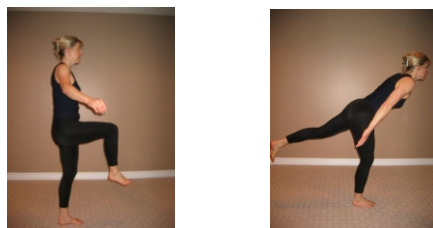
For a more advanced exercise, keep the legs straight and perfectly parallel with the body. Lift the hip off the floor, hold 5 seconds and then slowly lower. Repeat 5 times.

PLANK

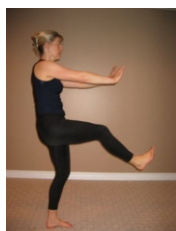
Lie with the forearms flat on the floor, elbows directly under the shoulders. Keep the legs close together. Raise the body to form a straight line, contracting the abdominals to bring the spine into a neutral position. Press the forearms into the floor to keep the back and buttocks from sagging down. Hold for 5 or more seconds, slowly lower your body, and repeat. Perform the sequence 3 - 5 times.



BALANCING



From a standing position, inhale and raise your right knee forward to just below hip height. Keep your left leg as straight as possible without locking it. Keep an upright posture. Extend the arms out to your side for balance or hold on to a chair with one hand. While maintaining your balance, exhale as you extend one leg behind you, while leaning forward. Hold this position until steady. Repeat with the opposite leg.



Slowly inhale and bring the extended leg forward to the front of your body while also bringing the hands forward. Exhale as you push the hands away. Hold the position steady. Return to starting position and then repeat with the other leg.



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

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