



DrRobertShire.com

Core Strengthening



CAT / COW

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Next return to a lowered position and arch your back the opposite direction.



PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Maintain pelvic neutral position the entire time.



RIDGE - ALTERNATE KNEE EXTENSION While lying on your back, raise your buttocks off the floor/bed into a bridge position.

Next, raise and straighten one knee so that only the other leg is supporting your body. Then, return that leg back to the floor and then alternate and perform on the other leg.

Try and maintain your pelvis level the entire time.



PRONE ALTERNATE ARM AND LEG

While lying face down and keeping your lower abdominals tight, slowly raise up an arm and opposite leg.

Slowly lower and then raise the opposite side.

Do not allow your spine to move the entire time.



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PLANK LATERAL WITH HIP ABDUCTION

While lying on your side, lift your body up on your elbow and feet. Next, slowly raise up the top most leg upwards, then return. Try and maintain a straight spine the entire time.



"BIRD DOG ELBOW TOUCHES"

While in a crawling position, slowly lift your leg and opposite arm upwards. When returning your arm and leg down, do not touch the floor but instead touch your elbow to your opposite knee and lift and straighten them again. Then set them down on the floor. Next, perform on the other side and repeat.