

# Core Strength Level 1 Follow-Along Guide

This handout follows the exercise order shown in the video and gives simple cues patients can reference while following along.

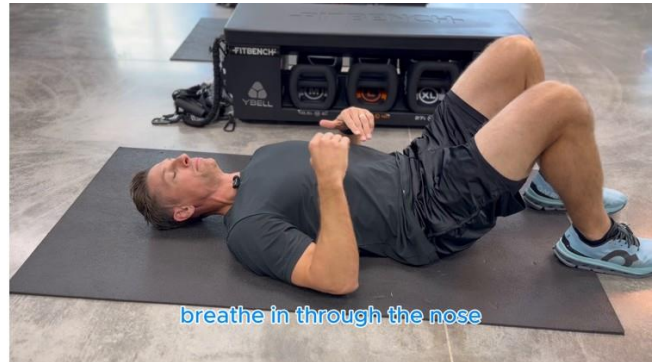
[CLICK HERE TO OPEN THE FULL VIDEO](#)

---

## Diaphragmatic Breathing



25s



35s

**Why this helps:** Helps coordinate breathing with gentle core activation and gives you a better starting point for the rest of the core routine.

### How to do it:

- Lie on your back with your knees bent and feet flat.
- Place one hand on your chest and one hand over your lower ribs or stomach.
- Breathe in slowly through your nose and let the belly and lower ribs expand.
- Breathe out slowly through your mouth and let the ribs relax back down.
- Keep the shoulders, jaw, and neck relaxed the whole time.

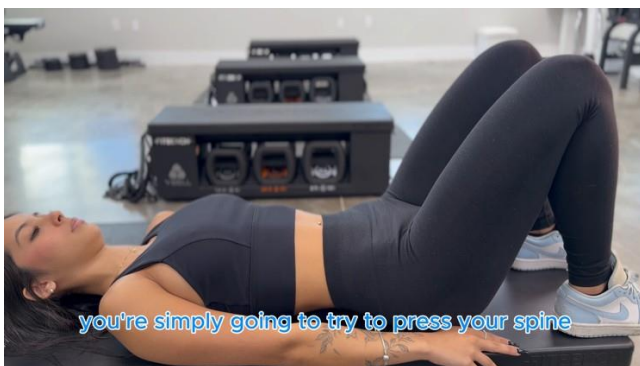
**Suggested starting dose:** 5–10 slow breaths

**Use caution:** Do not shrug the shoulders or force the breath. Keep the movement easy and controlled.

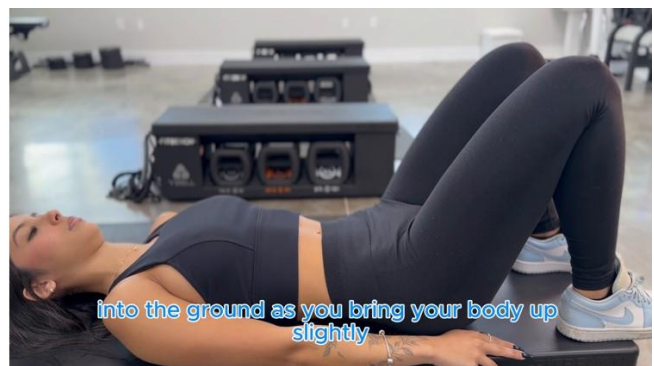
**Video link:** [Open full video](#)

---

## Posterior Pelvic Tilt



55s



60s

**Why this helps:** Builds awareness of the low abdominal muscles and helps you learn how to flatten the low back gently without straining.

### How to do it:

- Stay on your back with your knees bent and feet flat.
- Gently tighten the lower abdomen.
- Press your low back into the floor or mat.
- Roll the pelvis backward slightly so the tailbone curls up just a little.
- Relax back to the starting position and repeat.

**Suggested starting dose:** 10–15 repetitions

**Use caution:** Keep the movement small. This is not a big bridge or a forceful lift.

**Video link:** [Open full video](#)

---

## Dead Bug



80s



95s

**Why this helps:** Builds core stability while your arms and legs move, which helps train trunk control for daily activity.

### How to do it:

- Lie on your back and bring both knees up so your hips and knees are bent.
- Raise your arms toward the ceiling.
- Tighten the core and keep your low back from arching off the floor.
- Slowly lower the opposite arm and opposite leg at the same time.
- Bring them back in and switch sides.

**Suggested starting dose:** 8–10 repetitions each side

**Use caution:** Do not let the low back arch hard or let the leg slam to the floor.

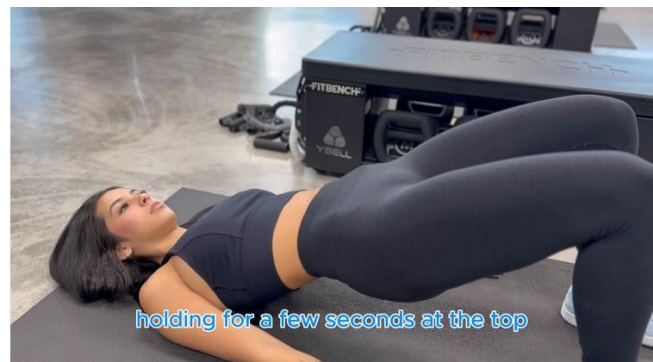
**Video link:** [Open full video](#)

---

## Glute Bridge



105s



120s

**Why this helps:** Strengthens the glutes and hips, which helps support the pelvis and takes stress off the low back.

**How to do it:**

- Lie on your back with your knees bent and feet flat.
- Press through your feet and lift your hips upward.
- Squeeze the glutes as you come up.
- Pause briefly at the top.
- Lower back down with control.

**Suggested starting dose:** 10–15 repetitions, holding a few seconds at the top

**Use caution:** Do not push into sharp back pain or overarch at the top.

**Video link:** [Open full video](#)

---

## Clamshell



140s



150s

**Why this helps:** Strengthens the side glutes and hips to improve pelvic control and build more hip resilience.

**How to do it:**

- Lie on your side with your knees bent and your feet together.
- Keep the hips stacked and the feet touching.
- Open the top knee upward without rolling the pelvis backward.
- Lower the knee back down slowly.
- Complete all reps on one side, then switch sides.

**Suggested starting dose:** 10–15 repetitions each side

**Use caution:** Keep the motion controlled and avoid leaning the body backward to cheat the movement.

**Video link:** [Open full video](#)