

Core Strength Level 2 Follow-Along Guide

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

Dead Bug



25s



35s

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 with your knees bent and feet flat.
- Bring both knees up so your hips and knees are bent, and raise your arms toward the ceiling.
- Tighten the core and keep your low back gently supported against the floor or mat.
- Slowly lower the opposite arm and opposite leg at the same time.
- Bring them back to the starting position and switch sides.
- You can keep the non-moving leg in the air if you are ready for the harder version shown in the video.

Suggested starting dose: 8–10 repetitions each side

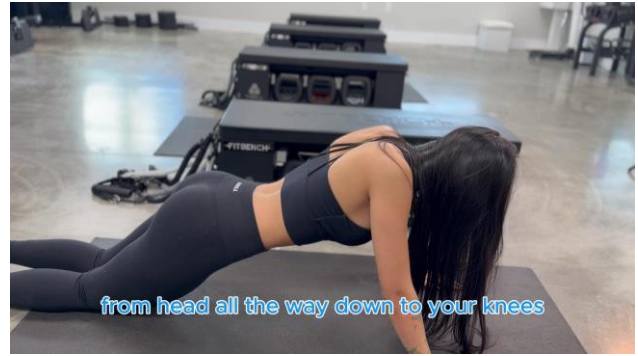
Use caution: Do not let the low back arch hard or let the leg slam to the floor.

Video link: [Open full video](#)

Modified Forearm Plank



55s



65s

Why this helps: Improves core endurance and teaches you to hold a straight line through the trunk in a supported position.

How to do it:

- Start on your forearms and knees with your elbows under your shoulders.
- Lift your body so there is a straight line from your head down to your knees.
- Keep the head neutral and the abdomen firm.
- Hold the position with steady breathing, then lower with control.

Suggested starting dose: Hold 10–20 seconds, 3–5 rounds

Use caution: Do not let the low back sag or the hips pike up. Stop if shoulder pain increases.

Video link: [Open full video](#)

Bird Dog



75s



85s

Why this helps: Builds coordination and trunk control while you move the opposite arm and leg, helping resist unwanted twisting.

How to do it:

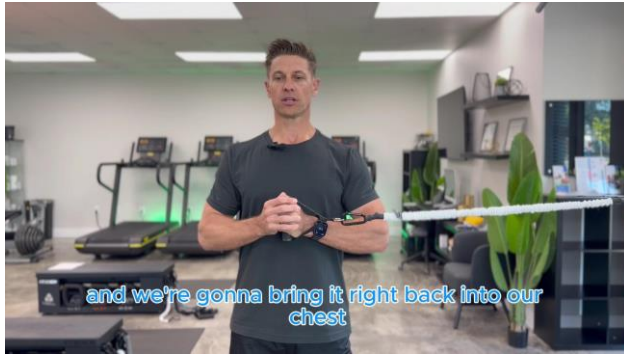
- Start on all fours with your hands under your shoulders and knees under your hips.
- Tighten the core and keep your spine long.
- Reach one arm forward and the opposite leg backward at the same time.
- Keep the hips level and the movement controlled, contracting glutes and shoulders.
- Return to the starting position and switch sides.

Suggested starting dose: 6–10 repetitions each side

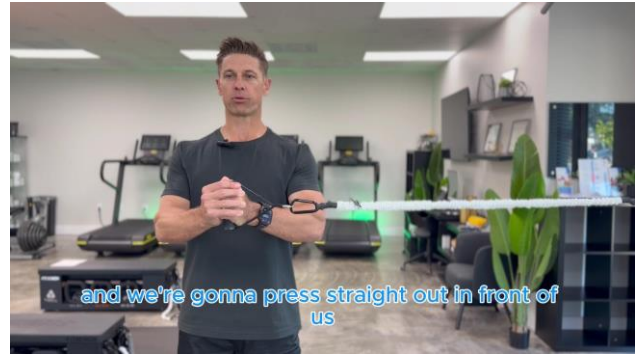
Use caution: Do not rotate the hips or overarch the low back.

Video link: [Open full video](#)

Pallof Press



125s



135s

Why this helps: Trains the core to resist rotation so the trunk stays steady while an outside force tries to pull you sideways.

How to do it:

- Stand sideways to an anchored resistance band and hold the handle at your chest with both hands.
- Stand tall with your ribs down and your core engaged.
- Press the band straight out in front of you.
- Pause briefly, then bring it right back into your chest with control.
- Complete the set, then turn around and repeat on the other side.

Suggested starting dose: 10–15 repetitions each side

Use caution: Do not twist your shoulders or hips toward the band. Use a resistance you can control.

Video link: [Open full video](#)

Glute Bridge



Why this helps: Strengthens the glutes and posterior chain while teaching you to brace the core during hip extension.

How to do it:

- Lie on your back with your knees bent and feet flat on the floor.
- Tighten your core first.
- Press through your feet and lift your hips upward into a bridge.
- Hold briefly at the top while squeezing the glutes.
- Lower back down with control and repeat.

Suggested starting dose: 10–15 repetitions

Use caution: Do not push into low back pain or flare the ribs upward at the top.

Video link: [Open full video](#)