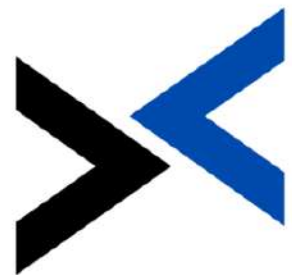


CORE EXERCISES

**SIMPLE AT-HOME CORE EXERCISES
BY YOUR LOCAL EXPERTS**



**KANATA
CHIROPRACTOR**
Correcting Form & Function

VERSION 2.21

Disclaimer Release of Liability



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1

(A)



Start on knees. Elbows under the shoulders. Pull chin in, looking down at hands. Pull the bellybutton in to tighten the core.

(B)



Lift your knees off the ground. Maintain a neutral spine while keeping the bellybutton squeezing in.

2

(A)



Lie on the floor. Pull bellybutton in to tighten the core. Lift arms straight up towards the ceiling. Lift knees to 90 degrees over the hips.

(B)



Slowly extend right arm overhead and left leg towards the floor. Repeat on other side.

3



Start in a seated position. Slowly lean back at a 45 degree angle. Pull in the bellybutton to tighten the core and lift feet off the ground.



Crunch Twist Glute Bridge

1

(A)



(B)



Lie down on the floor. Pull bellybutton in to tighten the core. Bring finger tips to temples. Slowly lift the shoulder blades off the floor. Squeeze the abdominals in the top range then slowly lower back to floor.

2

(A)



(B)



Start in a seated position. Lean back at a 45 degree angle, keeping heels on the floor. Pull the bellybutton in to tighten the core. Slowly twist from side to side.

3

(A)



(B)



Lie down on the floor. Pull bellybutton in to tighten the core. Bend knees so that feet on flat on the floor. Lift hips up off the floor by pushing heels and shoulder blades into the floor. Squeeze the glutes at the top of movement.

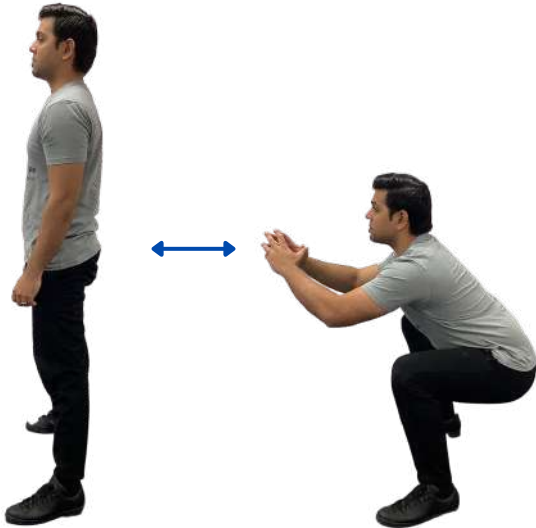


Squats

Deadlifts

Donkey Kicks

1



Stand tall bringing feet outside the hips. Tighten the core by pulling the bellybutton towards the spine. Slowly sit the hips back and down. Keep head up and facing forward. Slowly rise to return to standing position. Squeeze the glutes at the top of movement.

2

Stand tall and bring feet under the hips. Tighten the core by pulling the bellybutton towards the spine. Soften the knees with a slight bend. Slowly tip from the hip, keeping hips back. Keep the head up and facing forward. Slowly rise to return to standing position.



3

(B)
EASIER

(A)

(B)
CHALLENGING



Start with hands and knees on the floor. Tighten the core by pulling the bellybutton towards the spine. Keeping upper body straight and stable, lift the right knee off the floor and push the heel towards the ceiling. Return knee to floor and switch legs.

