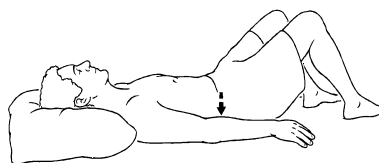


Beginner Core Exercises

If you have any physical limitations or special exercise needs, contact your Orthus Health Coach.

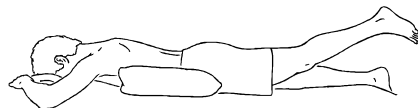
TRUNK STABILITY - Isometric Abdominal



Lying on back with knees bent, tighten stomach by pressing elbows down. Hold ___ seconds.

Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

TRUNK STABILITY - Straight Leg Raise (Prone)



Abdomen and head supported, keep left knee locked and raise leg at hip. Avoid arching low back.

Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

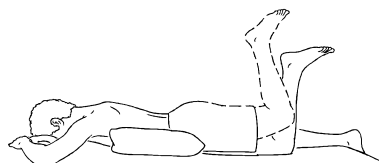
TRUNK STABILITY - Opposite Arm/Leg Lift (Prone)



Abdomen and head supported, left knee locked, raise leg and opposite arm ___ inches from floor.

Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

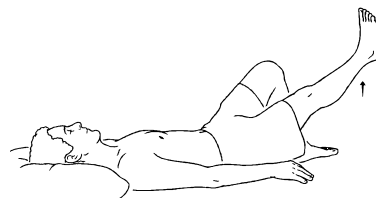
TRUNK STABILITY - Bent Knee Lift (Prone)



Abdomen and head supported, bend left knee and slowly raise hip. Avoid arching low back.

Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

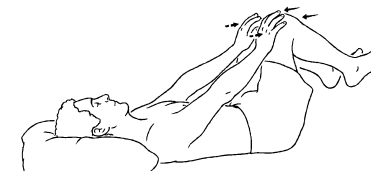
TRUNK STABILITY - Straight Leg Raise



Tighten stomach and slowly raise locked right leg ___ inches from floor.

Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

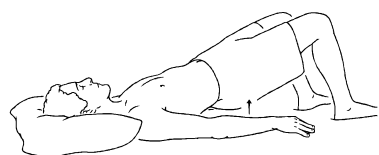
TRUNK STABILITY - Bilateral Isometric Hip Flexion



Tighten stomach and raise both knees to outstretched arms. Push gently, keeping arms straight, trunk rigid. Hold ___ seconds.

Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

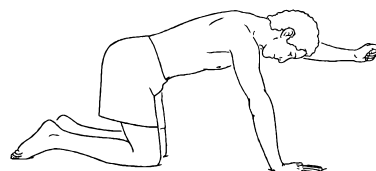
TRUNK STABILITY - Bridging



Slowly raise buttocks from floor, keeping stomach tight.

Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

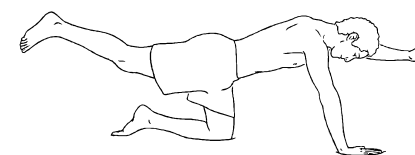
TRUNK STABILITY - Upper Extremity Extension (All-Fours)



Tighten stomach and raise left arm parallel to floor. Keep trunk rigid.

Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

TRUNK STABILITY - Upper/Lower Extremity Extension (All-Fours)



Tighten stomach and raise right leg and opposite arm. Keep trunk rigid.

Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.