

Core Conditioning Exercises

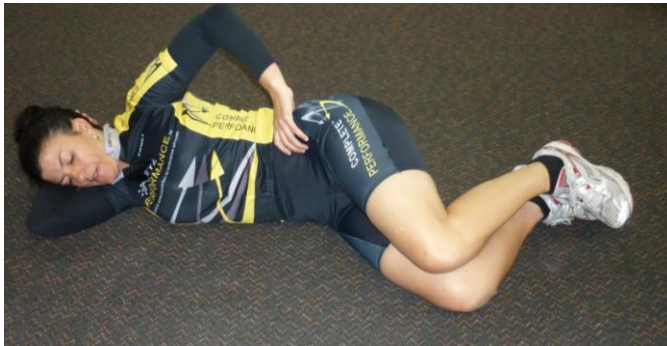
Clam Shell/Pulse/Pain of Glass (POG)

Muscle groups targeted: Glute minimus, medius (hip stabilizers), lower abs

Reps: 12 x clam, 12 x pulse, 12 x POG x 2 each side

Preparation – start position

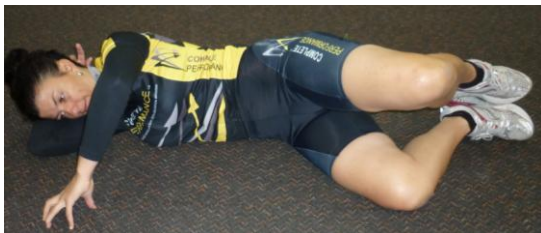
- Lie up against a wall or your couch – keep the soles of your feet/butt/back should all be in line
- Lie on side with knees bent - 45°
- Tilt your top hip forward
- Maintain neutral spine (e.g. no arching of your lower back)
- Activate lower abs



Start position

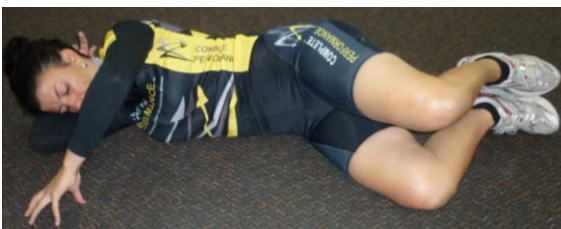
Movement - Clam shell

- Keep heels together and draw your hip bone up into its socket
- Lift the top knee off the bottom knee (making sure you maintain the above posture and set up – especially hips forward, placing your hand on the ground will help initiate this)



Pulse –

- Take knee to the top of the movement and come down half way and back up again, speeding up the movement e.g. pulsing



Pain of Glass (POG) - imagine your leg is sliding along a pane of glass, executing these four movements

1)

- Draw your hip bone up into its socket

- Lift top leg of your bottom leg, hip forward
- Keeping your foot tight in towards your butt
- Ankle, knee, hip in line



- 2) Move knee in towards your chest, and no further past your hip (make sure foot, knee, hip stay in line, hip forward)



- 3) Knee moves back to Number 1 position and then starting position - repeat

Bridging

Muscle groups targeted: Glute maximus, medius, lower abs, multifidus

Reps: 3 x 15-30 secs

Preparation – start position

- Lie on your back with your knees bent and feet flat on the floor and in line with your sit bones, arms by your side on the ground

Movement

- Imagine your gently drawing your hips into their sockets then drawing the two hip bones together (towards centre), you should feel your butt gently tense
- Use your glutes to lift up off the ground
- Aim to keep your legs as relaxed as possible
- Maintain neutral spine (e.g. no arching of your lower back)



Single Leg Bridging

Muscle groups targeted: Glute maximus, medius, lower abs, multifidus

Reps: 3 x 12

Preparation – start position

- Lie on your back with one knee bent and foot flat on the floor and in line with your sit bone, arms by your side on the ground
- Extend other leg, with toe pointing towards the ceiling and raise approximately 2 cm's off the ground – this leg just acts as a lever
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Movement

- Keeping your hips level and lower abs activated
- Use your glutes (off bent leg) to lift your leg up off the ground and return to the floor

NB – its vital you keep your hips level throughout the entire movement

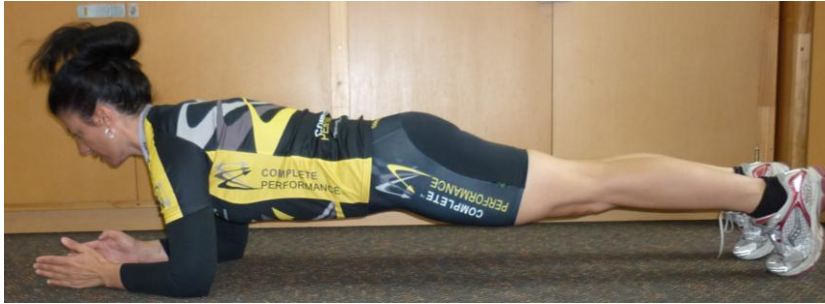


Prone Hold

Muscle groups targeted: Lower abs, Rectus Abdominis, Erector Spinae, Shoulders, Glutes
Reps: 3 x 15-30 secs

Preparation – start position

- Assume a prone position with elbows bent and under your shoulders



Movement

- Aim for neutral spine, neck, upper back, lower back and hips level
- Squeeze your glutes together

Note: You can also do this movement starting on your knees, if this version is too advanced for you

Side Prone Hold

Muscle groups targeted: Obliques, Glute medius, Deltoids
Reps: 3 x 15-30 secs

Preparation – start position – level 1

- Lie on your side and bend bottom leg and extend top leg out straight
- Place elbow under your shoulder and retract shoulder blades
- Bring top shoulder slight forward of your rib cage, squeeze your glutes



Movement – Level 1

- Raise your bottom hip off the ground, keeping your top shoulder just forward off your rib cage and hold

Note: if this version feels too easy, then try Level 2

Preparation – start position – level 2

- Same as above, except extend both legs out straight



Movement – Level 2

- Raise your bottom hip off the ground, keeping your top shoulder just forward off your rib cage and hold

Plank

Muscle groups targeted: Lower abs, Rectus Abdominis, Erector Spinae, Shoulders, Glutes, Trunk muscles, Triceps

Reps: 3 x 15-30 secs

Preparation – start position

- Assume the start of a “push up” position
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Movement

- Aim for neutral spine, neck, upper back, lower back and hips level
- Protract your shoulders blades together and soften your thoracic spine
- Squeeze your glutes together and engage your lower abs

Note: You can also do this movement starting on your knees, if this version is too advanced for you

Side Plank

Muscle groups targeted: Obliques, Glute medius, Deltoids, Triceps
Reps: 3 x 15-30 secs



Preparation – start position

- From the plank position, turn to the side
- Focus on keeping your knee, hips and torso, high off the ground and in a diagonal straight line

Movement – Level 2

- Raise your bottom hip and knee off the ground

Superman

Muscle groups targeted: Lower abs, Glute Maximus, Erector Spinae, Trunk muscles, Quads, Calf
Reps: 3 x 15-30 secs/side



Preparation – start position

- On all fours, maintain a neutral spine

Movement

- Engaging your lower abs and maintain a neutral spine, keep your toes curled under on your grounded foot and extend one leg out behind you, keeping your toes pointed towards the ground
- Extend your opposite arm out in front of you, keeping your shoulder blade locked in
- Maintain a neutral spine position

Cobra

Muscle groups targeted: Lower abs, Glute Maximus, Erector Spinae, Trunk muscles

Reps: 3 x 20 secs



Preparation – start position

- Lying face down, arms beside your hips, palms facing down, with the tops of your feet flat to the ground
- Keep chin tucked in – maintaining a neutral spine
- Engage your lower abs

Movement

- With glutes and core activated, lift your chest and arms simultaneously off the ground
- Only lift to where you feel comfortable i.e. no lower back should be felt
- Hold and return to the ground

Lunge

Muscle groups targeted: Lower abs, Glute Maximus, Medius, Hamstrings, Quadriceps, Calves

Reps: 3 x 12/side



Preparation – start position

- Stand with feet shoulder width apart
- Keeping your back straight and head up, step forward until your front knee is at a 90° angle and your front thigh is parallel with the floor, your trailing knee will be slightly above the ground. To avoid injury make sure your front knee does not move forward beyond your toes

Movement

- Stepping back with your forward foot repeat the exercise with the same leg, or alternate leg.