

BORGESS

Sports Medicine

Core Strength

1. Bridge

- Raise your hips and buttocks off the floor
- Keep your back straight and hold your butt and stomach muscles tight
- Hold for 3 seconds at the top and slowly lower back down
- Repeat for 3 sets of 10 repetitions
- Gradually increase reps as tolerated
- Once you can do 3 sets of 20 reps, progress to doing one legged bridging



2. Alternate Arm & Leg Extension

- Lying on your stomach, raise your opposite arm and leg up approximately 10 inches from the floor
- Hold for 3 seconds at the top and slowly lower back down
- Repeat for 3 sets of 10 repetitions



3. Side Lying Leg Raise

- Lying on your side, hold your stomach muscles tight and raise your leg up approximately 10 inches from the floor
- Hold for 3 seconds at the top and slowly lower back down
- Repeat for 3 sets of 10 repetitions



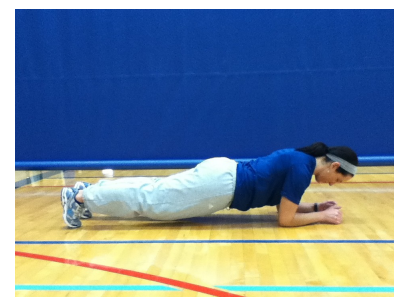
4. Side Lying Plank

- Lying on your side propped up on your elbow, raise your hips up off the floor
- Hold for 3 seconds at the top and slowly lower back down
- Repeat for 3 sets of 10 repetitions
- Gradually increase the hold time at the top



5. Front Plank

- Lying on your stomach propped up on your elbow, raise your hips up off the floor
- Hold for 3 seconds at the top and slowly lower back down
- Repeat for 3 sets of 10 repetitions
- Gradually increase the hold time at the top



Core strength exercises may be done daily, and should be done at least twice a week.