



## **Core Stability Training Program**



### **Guidelines for Exercises**

- ▶ Core stability training is for spinal strengthening and can assist in maintaining a healthy spinal alignment.
- ▶ Do a basic warm-up before these exercises and basic stretching after.
- ▶ The exercises may feel easy once you learn the basic movements, however it is the repetition of these exercises that strengthen the smaller spinal muscles.
- ▶ If you feel pain during these exercises, stop and ask us for assistance.
- ▶ The number of repetitions you do with each exercise is dependant upon your current spinal strength. Start with 10 and challenge yourself as you start to strengthen, but always remember to use proper form.

## Side Bridge on Ball

1. Start by kneeling next to ball on mat or padded carpet
2. Place your elbow and forearm on ball
3. Maintaining a stiff body roll the ball out until you feel your waist and lower back working
4. Hold position for 5 seconds
5. Perform 10-12 reps on each side
6. Focus on keeping your waist straight and stiff with no sagging at the waist



## Abdominal Crunch on Ball

1. Lay on ball with low back resting comfortably centered over the ball
2. Place your hands loosely behind head or across your chest
3. Do not pull your head forward with your hands or neck muscles
4. Neck should be kept in good position in line with shoulders
5. Perform the crunch by pulling your up chest up and forward slightly
6. Do not pull your chin forward ~ Perform 10-12 reps slowly



## Core Stability Exercise

1. Lay on ball with low back resting comfortably centered over the ball
2. Place your hands loosely across your chest or out to your side
3. Do not pull your head forward with your hands or neck muscles
4. Neck should be kept in good position in line with shoulders
5. Slowly pick one leg up without shifting your body. Maintain contraction of the core muscles to keep balanced on the ball
6. Slowly put leg down and pick up the opposite leg
7. Perform 10-12 reps holding each position 5 seconds



## Superman

1. Start by lying on your stomach on the ball
2. Maintain good body position and correct core and neck alignment
3. Slowly lift one arm and the opposite leg maintaining your position
4. Hold the position for 5 seconds
5. Slowly put arm and leg down and then raise the other arm and leg
6. Perform 10-12 reps



## Ball Sitting



1. Sit on ball with perfect posture
2. Concentrate on contracting your core muscles and breathe normally
3. Slowly lift one leg a few inches off the ground without shifting your weight your losing your balance
4. Hold the position for 5 seconds and then switch legs
5. Perform 10-12 reps  
\* Hold the ball with your hands for more stability when learning this exercise.

## Pelvic Bridge

1. Lay on your back and place your legs on the ball so that your ankles and calves touch the ball, place your arms to the side for extra stability
2. With your feet slightly apart, lift your pelvis and lower back off the ground
3. Contract your core, abs, and buttock muscles to align legs, hips and back
4. Hold position for 5 seconds and slowly lower yourself down
5. Perform 10-12 reps

