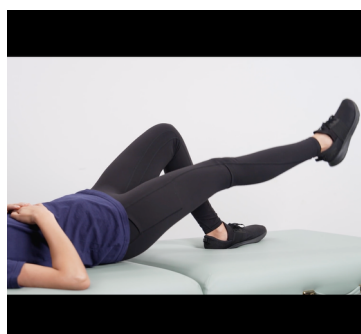


# CORE STRENGTHENING INTERMEDIATE

For instructional videos of this protocol, visit [sportsrehab.ucsf.edu](https://sportsrehab.ucsf.edu)



## Dead Bug Variations

Begin lying down with your knees bent and feet flat, about hip-width apart. Raise both arms so they are perpendicular to your body. Engage your core. Lift your knees and feet so your lower legs are parallel to the floor.

## Upper Extremity

Alternate lowering one arm at a time.

## Lower Extremity

Alternate lowering one leg at a time.

## Alternating Dead Bugs

Alternate lowering one arm and the opposite leg while keeping the other limbs stationary.

Frequency: 2 - 3 x 10 repetitions

## Single Leg Glute Bridges

Begin lying down with your knees bent and feet flat, about hip-width apart. Engage your core and straighten one leg. Lift your glutes so that your hips are in line with your knees. Slowly lower your hips to return to the starting position. Repeat on both sides.

Frequency: 2 - 3 x 10 repetitions

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**UCSF Health**  
Sports Medicine

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## Plank with Shoulder Taps

Start in a high plank. Place your hands about shoulder-width apart. Engage your core. Shift your weight to one hand and tap the opposite hand to the weight-bearing shoulder, then alternate tapping. You can use elevated holds for more comfort.

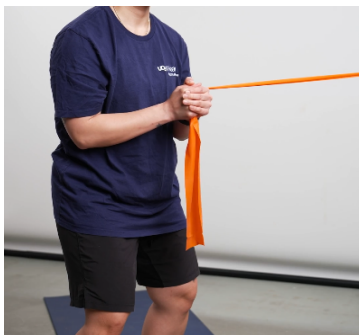
Frequency: 2 - 3 x 10 repetitions



## Side Plank Variations: Low and High

You can do this on your forearms or on your hands. Your head, shoulders, hips, knees, and ankles should all be in one line. Engage your core. Place one hand or elbow directly under your shoulder. Support your body on your forearm or hand and toes.

Frequency: 2 - 3 x 20 seconds



## Pallof Press with Rotation

Anchor a resistance band to a stable surface. Step out so there is tension in the band. Bend your knees slightly, engage your core, and hold the band with both hands. Begin with your elbows bent. Extend your elbows until straight and rotate away from the anchor point. Return to the starting position.

Frequency: 2 - 3 x 10 repetitions



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