**BACKGROUND**

**Pelvic Neutral**

Tighten AB muscles, draw belly button in, flatten your back.

*Technique:* Hiss like a snake / Say the letter “S”. ‘ssssssss’

Try to pull out towel with your hand.

A proper core contraction should prevent the towel from moving.

This is your starting position for all core exercises!

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**DAY ONE**

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**Dead Bugs**

Find Pelvic Neutral.

Alt lowering one leg at a time, maintain Pelvic Neutral.

Keep opposite knee flexed to 90°.

**Frequency:** 1 max set.  Once a day.

**GOAL:**

*Good:* 2-4 m.  *Great:* 4-5 m.

**Rationale:** Lower ABs, Hip Flexor and Back Muscles

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**Back Bridging**

Find Pelvic Neutral.

Raise your hips, Hold for 10 sec, Lower.

Maintain Pelvic Neutral, avoid hip/back extension.

**Frequency:** 1 max set.  Once a day.

**GOAL:**

*Good:* 2-4 m.  *Great:* 4-5 m.

**Rationale:** Hamstring, Back and Glut Muscles.

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**Lunge**

Find Pelvic Neutral. Keep Back Straight.

Forward Lunge. Keeps Hips and Knees at 90°

Hold 15 sec, Quickly change feet.

**Frequency:** 1 max set.  Once a day.

**GOAL:**

*Good:* 2-3 m.  *Great:* 4-5 m.

**Rationale:** Quad, Hamstring, Glut Muscles.

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**Quadruped**

Find Pelvic Neutral.

Extend one arm, extend opposite leg.

Hold 15 sec. Change arms/legs.

Keep hips level, avoid back extension.

**Frequency:** 1 max set.  Once a day.

**GOAL:**

*Good:* 2-3 m.  *Great:* 4-5 m.

**Rationale:** Core control with movement.
**Core Strength and Stability Program**

### DAY TWO

#### Core Crunches
Find Pelvic Neutral.
Do crunch until elbow hits thigh.
3 planes (forward, diagonal left, diagonal right)

- **Frequency:** 3 sets each plane. Once a day.
- **GOAL:**
  - **Good:** 3 sets / 20-30 reps / plane.
  - **Great:** 3 sets / 30-50 reps / plane.
- **Rationale:** Abdominal Muscles.

#### Prone Plank
Find Pelvic Neutral.
Hold Position. Avoid Back Extension.

- **Frequency:** 1 max set. Once a day.
- **GOAL:**
  - **Good:** 2 m.
  - **Great:** 3-5 m.
- **Rationale:** Entire Core Muscles.

#### Wall Sit
Find Pelvic Neutral.
Keep Shoulders, Lower Back, and Gluts flat on wall.
Knees flexed to 90°. Hold Position. Keep hands off knees.

- **Frequency:** 1 max set. Once a day.
- **GOAL:**
  - **Good:** 2 m.
  - **Great:** 3-5 m.
- **Rationale:** Quad, Hamstring, Core Muscles.

#### Superman
Find Pelvic Neutral.
Extend arms and legs. Arms parallel to ears.
Hold Position. Avoid excessive back extension.

- **Frequency:** 1 max set. Once a day.
- **GOAL:**
  - **Good:** 2 m.
  - **Great:** 3-5 m.
- **Rationale:** Glut, Hamstring, Back Muscles.

#### Extra Credit

##### Fire Hydrants
Lay straight on your side, Hip and knee flexed to 90°
Holding 90° / 90° Flexion, raise your leg off the ground.
Hold 2 sec, slowly lower to original position.

##### Chair Pumps / Bridging
Find Pelvic Neutral.
Raise hips off the ground. Keep hips in line with knee/shoulder.
Hold 2 sec, slowly lower to original position.
2 sets of 15-20 reps. Once daily.