

lee chiropractic clinic

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Challenge Your Core

1. Prone Plank plus Cross Crawl

Start in plank position. March, alternating left arm – right leg raises with right arm – left leg raises. Repeat 10-20 times.



2. Parachute Free Fall

Lay face down, squeeze buttock muscles tight, raise both legs and both arms. If this exercise is new, raise limbs a small amount. As you get stronger, and if no pain is present, raise arms and legs higher. Hold for 60-90 seconds.



3. Bridge

Lay on back, knees bent. Keep feet and knees 30-40cm apart. Thighs should be parallel. Raise hips high. Body should be a straight line from shoulders to knees. Keep buttocks squeezed tight throughout. Hold for 60-90 seconds.

