

lee chiropractic clinic

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Core Exercises

1. Prone Plank

Start on your stomach, and raise yourself into a modified pushup position, with all of your weight balanced on your forearms and toes. Keep your back as straight as possible and your head in line with your spine. If this is too difficult, lower your knees to the ground and balance between your knees and your forearms. Beginners hold for 30 seconds, and gradually increase to 60 seconds.



2. Side Plank

Lie on your right side with your right elbow and forearm under your shoulder, and your left foot resting on your right foot. Engage your core muscles and lift your body off the floor, keeping your body as straight as possible from your shoulders to your feet and your head aligned with your spine. Repeat on the other side as directed. If this is too difficult, bend both knees to 90 degrees with your lower legs behind you, and balance between your knees and forearm. Beginners hold for 30 seconds, and gradually increase to 60 seconds.



3. Quadruped Cross-Crawl

Start on your hands and knees with your spine in a neutral position. Lift one leg and stretch it behind you, and lift the opposite arm forward. Hold for 3 seconds. Repeat on the opposite side. Repeat the sequence 10 times.



4. Bridge and Marching

Lie on your back with your hands at your sides, knees bent and feet on the ground. Raise your hips until your body forms a straight line from your knees to your shoulders/upper back. Keeping your core muscles engaged, lift one leg off the ground, hold for 3 seconds, and then lift the other leg off the ground. Repeat the sequence 3-5 times. Be sure to keep your hips high and level while switching from left to right.



5. Step Downs

Lie on your back with your hands at your sides, with your knees bent to 90 degrees and your feet off the ground. Engage your core muscles and slowly lower your right foot to about 1 inch from the ground. Hold for two seconds, and then return to the starting position. Repeat with the other leg. Repeat the sequence 3-5 times.

