

## Core and Hip Exercises

so you can work on them at home

Note: increase reps each week....HOLD CORE ON ALL

### Bum walking

**Rep: 20 each set**

To be done between each set, one direction (front or backwards)

- Sit on floor with legs straight out in front
- Sit tall, Be sure to lead with your chest, shoulders down, pelvic tilt
- Your core should be SOLID (or Engage your core muscles)
- Move directly forward advancing your legs using ONLY your gluts
- Do not swing arms, but do not hold tight either

### Full sit-up

**Rep: 5 continuous, rest to count of 5, 5 continuous**

- Lay down with knees bent, feet on the ground
- Engage your core muscles
- Lead with your chest into a full sit up..or as far as you can.. crunches are ok too
- If you have neck problems – modify (hands flat on the floor parallel to your side)
- Try to keep chin in a strength position..do not pull chin into chest

### Back extension - Superman

**Rep: hold one for 5, rest for 3, x 3...arms extended front (palms down)  
...x3 arms extended at side (palms up)**

- Lay down on tummy
- Neck strong
- Engage your core muscles
- Pull to ceiling heels and hands
  - You should not feel pain in lower back..if you are, you are over extending

### Bent-knee Side to Side - Rotations

**Rep: 5 left, rest for count of 5, 5 right, rest to count of 5**

- Lay on back
- Arms fully extended from shoulders (T-position)
- Knees bent in air
- Engage your core muscles
- Rotate knees to left, do not allow opposite shoulder to lift from floor, rotate to right

### Side Push-ups

**Rep: 5 left, rest for count of 5, 5 right, rest for count of 5**

- Lay on side, support body with elbow directly under shoulder
- Bend knees which are directly on top of each other
- Lift hip – keeping both hips facing directly to wall ( For more effort, raise top leg in air, then lift hip)

## Sitting Back Rotations

**Rep: rotation left to right for count of 10, rest for 5, x 5**

- Sit on floor, lean back to 25°, lift knees to air and feet off the floor 6 inches, sit bones only on floor
- Engage your core muscles
- Keep chest forward
- Rotate to put both hands on the floor to the left of you, then to the right
- Rest is bum walk