

## Core Strength Anatomy

The following muscles make up the bodies core:

- Rectus Abdominis
- Erector spinae
- Multifidus
- External obliques
- Internal obliques
- Transverse abdominis
- Hip flexors
- Gluteus medius, minimus, and maximus
- Piriformis
- Hip adductors

## Core Strength Benefits

- Reduced back pain
- Improved athletic performance
- Improved daily functioning
- Research has shown decreased impact on concussions

## General Rules for Performing Exercises

1. Try to keep your abs, back and gluteals tight
2. Perform each exercise in a slow and controlled manner
3. Start by performing each excise for 20 seconds. As they become easier increase time to 30 seconds and progress to 1 minute
4. Try to perform each exercise 3-5 times
5. Please note, if program is performed correctly, you will notice back soreness afterwards and, in the morning,

## Exercises for 5-9 year old's

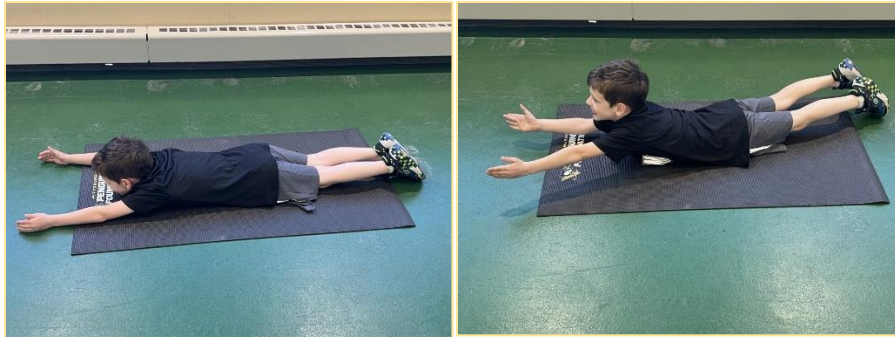
### Bridge

1. Lie on your back. Place your feet on the mat, hip-width apart.
2. Place your hands at your sides with your palms facing down.
3. Raise your hips up until your knees are in line with your shoulders. Your head and shoulders should still be touching the floor, only your hips and torso are raised.
4. Hold for 20 seconds and repeat 3-5 times.



### Superman

1. Lie on the floor face-down with legs straight, tips of toes touching the floor, and arms extended over head, palms facing one another and pinkies resting on the floor.
2. Keeping neck neutral and gaze toward the floor, engage back, core, and glutes, and slowly lift both arms and legs a few inches off the floor.
3. Pause at the top for one to two seconds, then slowly lower arms and legs back to the starting position.
4. Perform 3-5 times



## Crabwalk

1. Start with your butt, hands and heels on the floor. Place your hands behind your back, flat on the floor. Brace your core.
2. Press through your hands and heels and squeeze you glutes to raise your hips several inches off of the floor.
3. On your hands and feet, walk backward by alternating steps with each hand and the opposite foot.
4. After a few steps, change directions and walk forward back to start



## Exercises for ages 10+

### V-Sit

1. Sit on a mat or on the floor. For this exercise, you will balance on your bum.
2. Extend your legs out in front at a 45 degree angle.
3. With your legs raised, reach your arms forward so your fingertips extend past your knees.
4. Your head, torso and legs will now be in a V-shape, which you can hold for a few seconds. With practice, you will be able to hold it for longer.
5. Repeat 3-5 times.



### Plank

1. On a mat, lie on your stomach. Rest your forearms on the mat, positioning your elbows directly below your shoulders. Your hands should be facing forwards and your arms should be parallel.
2. Extend your legs out behind you so your body forms one straight line, and curl your toes under, resting them on the mat.
3. In plank position, keep your lower back straight and squeeze in your core. Keep your neck in a neutral position and hold for 20 seconds. If you can't do this right away, aim for 5 seconds and keep practicing.
4. Repeat 3-5 times.



## Side Plank

1. On a mat, lie on your left side with your legs straight out, stacked one upon the other.
2. Slowly lift your body up, carrying your weight on your left forearm and elbow, and the side of your left foot. Your body should form a straight line from your head to your ankles.
3. Once you are balanced, place your right hand in the air (perpendicular to your body), or bend your arm and put your hand on your hip. Hold for 20 seconds or as long as you are able.
4. Repeat on your right side.



## Bird Dog

1. Kneel on the floor or on an exercise mat with your hands under your shoulders and knees under your hips.

2. Stiffen your core and stomach muscles to keep your spine neutral.
3. Extend your right leg behind you and your left arm in front of you, parallel to the floor.
4. Hold for two seconds, then bring them back to the starting position.
5. Repeat on the other side. That's one rep.



## Exercises for all Ages

### Childs Pose

1. Come to your hands and knees on the yoga mat.
2. Spread your knees as wide as your mat, keeping the tops of your feet on the floor with the big toes touching.
3. Rest your belly between your thighs and rest your forehead on the floor. Relax the shoulders, jaw, and eyes.
4. Stretch your arms in front of you with the palms toward the floor or bring your arms back alongside your thighs with the palms facing upwards. You can also stretch the arms forward with palms facing up for a shoulder release.
5. Stay as long as you like, eventually reconnecting with the steady inhales and exhales of your breath.



## Lunges

1. Stand with feet hip-width apart
2. Take a large step forward with one leg
3. Keep the majority of your weight on your front foot as you lower your hips, keeping the front foot flat and back heel lifted
4. Descend until your rear knee almost touches the floor and the front knee is stacked directly above the ankle, creating 90° bend in both knees
5. Drive through the heel of your front foot and push yourself back up to your starting position



## Downward Dog Pose

1. Start on all fours, with wrists in line with shoulders and toes tucked.
2. On your exhale, push your hips up and back, straightening your legs.
3. Engage your arms, while keeping in mind to keep your shoulders away from your ears.

4. Engage your core and legs, lifting up through your kneecaps.
5. Press through your heels, and “pedal” your feet back and forth if you feel tight.



## Cobra Pose

1. Place your palms flat on the ground directly under your shoulders. Bend your elbows straight back and hug them into your sides.
2. Pause for a moment looking straight down at your mat with your neck in a neutral position. Anchor your pubic bone to the floor.
3. Inhale to lift your chest off the floor. Roll your shoulders back and keep your low ribs on the floor. Make sure your elbows continue hugging your sides. Don't let them wing out to either side.
4. Keep your neck neutral. Don't crank it up. Your gaze should stay on the floor.

