

# THE CORE FOUR

## Safe and effective exercises to strengthen your core

**\*\*NOTE:** If you have had any recent health problems, injury, surgery, or if any of these actions cause you any pain, consult a health professional before starting these exercises.

### ABDOMINAL CURL-UP

- The intermediate progression of the curl-up is to raise the elbows a couple of centimeters so that the arms do not pry the shoulders up, thus shifting the load to the abdominals.
- Do not curl the head/neck. Raise the head/neck up like the image.
- Hold for 4-8 seconds, as long as it is comfortable.
- Perform 6-8 repetitions and 2-3 sets.



### SIDE BRIDGE

- Beginners bridge from the knees. In the beginning position, the exerciser is on his/her side, supported by his/ her elbow and hip.
- The knees are bent 90-degrees. Placing the free hand on the opposite shoulder and pulling down on it will help stabilize the shoulder.
- The torso is straightened until the body is supported on the elbow and the knee, with some input from the lower leg.
- Hold for 4-8 seconds, as long as it is comfortable.
- Perform 6-8 repetitions and 2-3 sets.



### BIRD-DOG

- Raise the opposite arm and leg simultaneously.
- Avoid raising either arm or leg past horizontal, hold the limbs parallel to the floor.
- Hold position for about six to eight seconds.
- Keep a neutral spine and brace the abdomen.
- Perform 6-8 repetitions and 2-3 sets



### GLUTE BRIDGE

- Start by lying down on your back with the knees bent. Walk the feet as close to the pelvis to avoid overactivation of the hamstrings during the bridge.
- Push through the feet until the pelvis rises up until a straight line is created between the knees and shoulders.
- Be sure not to overextend the lower back at the top of the movement.
- Hold for 4-8 seconds, as long as it is comfortable.
- Perform 6-8 repetitions and 2-3 sets.



**\*\*\*There are many variations, progressions, and repetitions you can utilize. Please reference our YouTube channel at <https://www.youtube.com/c/Healthfitchiroboca>**