





General Core Strengthening Booklet





Strengthening your core is important for overall health and fitness. A strong core is important for all sports, can reduce back pain, increases mobility, and so much more. It is important to make sure you are using the proper technique and activating your core when doing these exercises.

General Core Strengthening Exercises

Name of Exercise	Description	Instructional Image
Pelvis Tilt Video instructions here .	This core exercise is important for proper technique. Lay on the ground and bend your knees, planting your feet closer to your bum. In small movements activate your core muscles, tilting your pelvis, and ensuring that your lower back is fully on the ground and there is no gap. Remember the feeling of your core when it is activated, and your back is on the ground and utilize this in all core exercises.	
Cat Cow	Start on all fours with the knees directly under the hips. While activating your core, tilt your pelvis back pushing your stomach toward the ground. In this position your shoulders should be locked in socket. Then tilt your pelvis the opposite way so your back and shoulders become rounded. Repeat this 10 times.	
Dead Bug	Once you have activated your core, you will bring your arms and legs up into the air, as if you were sitting in a chair, into position 1 shown. You will then lower your left leg and right arm to just above the ground, as shown in position 2, and then return to position 1. You will continue to alternate sides until your core is too weak or you start to feel muscles other than your core take over. Just like in the plank, you never want to feel back pain.	
Elbow Plank	Come into a plank position on your elbows. While doing this exercise, you would want to make sure to keep that same core muscle from the first exercise activated and strong to prevent your lower back from arching. You would try to hold this exercise for as long as you can, without feeling any back pain. To modify, lower knees to the ground till you can work up to toes.	



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Name of Exercise	Description	Instructional Image
Russian Twist	Sit on the floor and bring your legs out straight. Lean back slightly so your torso and legs form a V-like shape, bracing your abdominal wall to engage your core. Balancing here, twist your torso from side to side without moving your legs. To make this easier keep your feet on the ground, to make it more challenging hold a weight.	
V- Sit	Sit on the floor and balance most of your weight on your tailbone. Lift your legs so that the knees are slightly bent in front of you. When you are balanced, lift your arms out towards your toes, tight and straight. Keep your spine extended - imagine you are still sitting tall. To help, you can place your hands behind you and focus on the in and out motion of your legs.	
Crunch	Lie down on your back. Plant your feet on the floor, hip-width apart. Bend your knees and place your arms across your chest. Contract your abs and inhale. Exhale and lift your upper body, keeping your head and neck relaxed. Inhale and return to the starting position.	
Bicycle Crunch	Lie down on your back. Bend your knees and plant your feet on the floor, hip-width apart. Place your arms behind your head, pointing your elbows outward. Brace your abs. Lift your knees and raise your upper body. This is your starting position. Exhale and rotate your trunk, moving your right elbow and left knee toward each other. Simultaneously straighten your right leg. Move your left elbow to your right knee and extend your left leg. Repeat this motion.	
Mountain Climbers	Get into a plank position, making sure to distribute your weight evenly between your hands and your toes. Hands should be about shoulder-width apart, back flat, and abs engaged. Pull your right knee into your chest as far as you can. Switch legs, pulling one knee out and bringing the other knee in. Keep your hips down and run your knees in and out as far and as fast as you can. Alternate inhaling and exhaling with each leg change.	