

Core Strengthening Exercise Handouts

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The center of our bodies is called the core, and its primary job during functional motions is to maintain the trunk's stability while the arms and legs are in motion. When we look at it from this angle, we can see that the essential components are essentially the following: those muscles that help to keep the hips in place, the group of muscles that work together to form the torso, and shoulder muscles that help keep the shoulders in place.

The abdominal muscles are responsible for two primary activities: to prevent undue stress from being placed on the spine, and to facilitate the movement of force from the lower body to the upper body and back again. We are better equipped to avoid injuries and perform to the best of our abilities when we have a core that is both strong and solid.

Core-strength exercises can help strengthen core muscles. Many such exercises can be done readily at home without specific equipment like the ones listed below.

- **Supine March**

Step 1 – Lie with your bend knees on your back.



Step 2 – Lift one leg by tightening the lower abs. Raise the leg slowly as if marching.



Step 3 – Bring the lifted leg to the floor and start lifting the other leg.



Step 4 – Do not lift legs too high above the floor, and remember that it is marching and not cycling, so do not move or bend the knees.

- Repeat 20 times
- 3 sets in a row
- Once-daily
- 5 days a week

- **Supine Core Bicycle**

Step 1 – Lie straight on the back, with hands behind the head to support it.



Step 2 – Lift both the legs in the way that you feel the squeeze on your lower abs.

Now start making a cycling motion with your legs.



- Repeat 16-20 times
- 3 sets in a row
- Once-daily
- 5 days a week

- **Supine double leg lift**

Step 1 – Let straight on the back.



Step 2 – Lift both of your legs to about 90 degrees



Step 3 – Return to the initial position

- Repeat 16-20 times
- 3 sets in a row
- Once-daily
- 5 days a week

- **Abs Prep**

Step 1 – Start lying on your back, knees bent, feet flat hip-distance apart—arms by your side. Take a breath in and lengthen the back of the neck. As you breathe out, lift your head, neck, shoulders, and arms, and look towards your knees.



Step 2 – Breathe in and hold the position. As you breathe out, slowly return to the starting position.



- Repeat 8-12 times
- 3 sets in a row
- Once-daily
- 5 days a week

- **Standard plank**

Step 1 – In the standard plank, you start by lying on the stomach as if going to start push-ups. Now straighten your arms, quite like you would do in push-ups, and hold the position. Make sure that your hands and toes are the only body parts touching the floor. Also, ensure that your spine or whole body is straight.



Step 2 – Hold for 10-15 seconds.

- Repeat 4-6 times
- 3 sets in a row
- Once-daily
- 5 days a week

- **Plank with hip extension**

Step 1 – Put your elbows on the ground and move your body forward into a plank position. Lift one foot off the ground while remaining in this stance, then bring it back down and repeat with the other foot. Be sure to maintain a straight back and a tight core. As you lift your legs, keep your hips from rotating to either side.



- Repeat 10 times
- 3 sets in a row
- Once-daily
- 5 days a week

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