

# Core Exercise

## Core Exercise Program

Dr. James Sostak

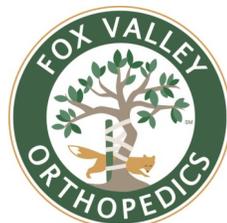


### Items Needed:

- One light resistance band tube (can be purchased at most sporting good stores)
- Floor Mat (optional)

### Perform:

- 2-3 sets of 10 for each exercise
- 3-4 times weekly



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## Hip Abduction

**Setup:** Start by lying on your side with your top leg straight and your bottom leg bent.

**Movement:** Lift your top leg up toward the ceiling approximately 12 inches, then slowly lower it back down and repeat.

**Tip:** Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.



## Straight Leg Raise

**Setup:** Start by lying on your back with one knee bent and your other leg straight.

**Movement:** Engaging your thigh muscles, slowly lift your straight leg until it is parallel with your other thigh, then lower it back to the starting position and repeat.

**Tip:** Keep your leg straight and do not let your back arch.



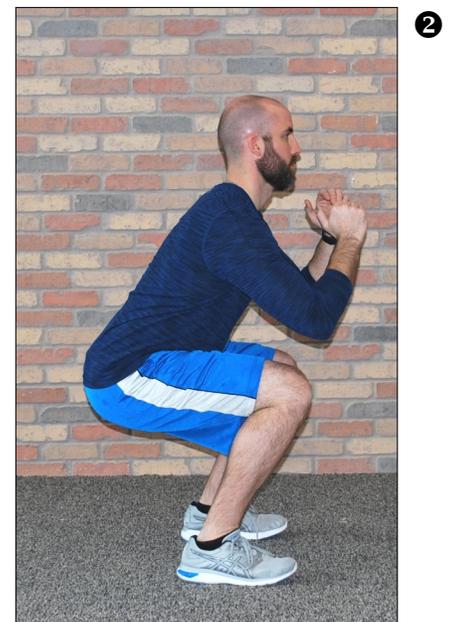
## Full Body Squat

**Setup:** Start by standing upright with your feet slightly wider than shoulder width apart.

**Movement:** Bending at your knees and hips, sit your hips back with your chest upright. Return to standing and engage your glutes at the top. Repeat.

### Tips:

- You should feel most of your body weight over your mid-foot and heel, not your toes.
- Do not let your knees come together during the exercise.
- Make sure to keep your back straight.

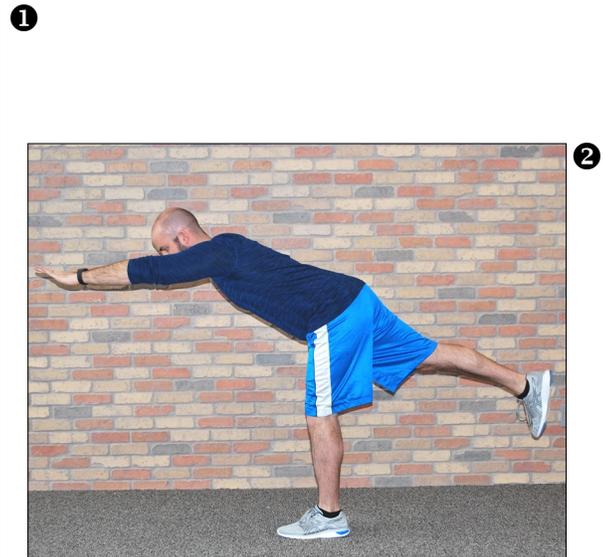


## Single Leg Romanian Deadlift

**Setup:** Start in a standing upright position balancing on one leg.

**Movement:** Bend at your hips and slowly tilt your body forward while extending the other leg backward, then return to the starting position engaging your glutes at the end. Repeat.

**Tip:** Make sure to keep your back straight, and don't let your knee collapse inward during the exercise.



## Planks

**Setup:** Start by lying on your stomach, propped up on your elbows.

**Movement:** Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

**Tip:**

- Keep your shoulders over your elbows and wrist
- Make sure to keep your back straight and keep your glutes engaged.



## Plank Jacks

**Setup:** Start on your hands and knees, then straighten your legs to bring yourself into a high plank position (push-up position)

**Movement:** Quickly hop both feet outward, and then back inward to the starting position. Repeat.

**Tips:**

- Keep your shoulders over your elbows and wrist
- Make sure to keep your back straight and keep your glutes engaged.



## Plank—Alternating Shoulder Taps

**Setup:** Start on your hands and knees, then straighten your legs to bring yourself into a high plank position (push up position).

**Movement:** Hold this position and lift one hand off the ground to tap your opposite shoulder. Return to a starting position and repeat with your other hand.

**Tip:** Make sure to keep your abdominals engaged and keep your back straight during the exercise. Do not let your trunk rotate.



## Planks—Alternating Arm/Leg

**Setup:** Start by lying on your stomach, propped up on your elbows.

**Movement:** Engage your abdominal muscles and lift your hips and legs up into a plank position. Slightly extend one hip while at the same time reaching forward with your opposite arm. Return to the starting position and repeat with the opposite side.

**Tips:**

- Keep your shoulders over your elbows and wrist.
- Keep back straight and keep your glutes engaged.



## Side Planks

**Setup:** Start by lying on your side with your feet stacked, resting on your elbow.

**Movement:** Lift your hips off the floor so your body is in a straight line and your hips and shoulders are facing forward. Hold this position.

**Tips:**

- Keep your head in line with your trunk.
- Do not let your hips drop toward the floor.
- Do not roll forward or backward during the exercise.



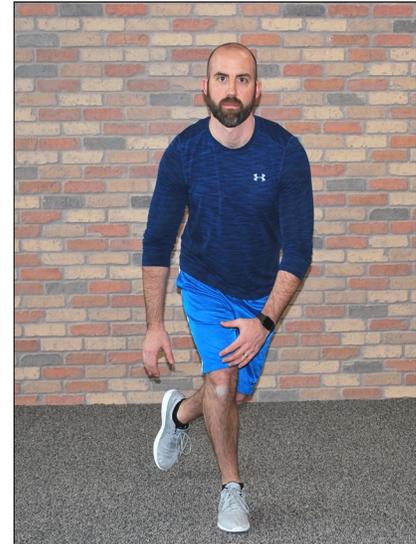
## Speed Skater

**Setup:** Start by standing on your left leg with your hip and knee bent and your right arm in a runner's position. Your right leg is extended behind you.

**Movement:** Hop to the side, landing on your right leg with your left arm in a runner's position. Left leg should extend behind you. Repeat.

### Tips:

- Maintain a slight bend in your hip and knee upon landing.
- Do not let your knee collapse to the inside upon landing.



## Vertical Leg Crunch

**Setup:** Start by lying on your back with legs up in the air, your knees straight and your arms crossed over your chest.

**Movement:** Keeping your arms crossed over your chest, slowly curl your upper body towards your knees until you feel your shoulder blades come off the floor. Return to the starting position and repeat.

### Tips:

- Make sure your low back stays flat on the floor.
- Do not let your chin extend forward during the exercise.



## Crunch

**Setup:** Start by lying on your back with your knees bent, feet resting on the floor, and your arms crossed over your chest.

**Movement:** Keeping your arms crossed over your chest, slowly curl your upper body towards your knees until you feel your shoulder blades come off the floor. Return to the starting position and repeat.

### Tips:

- Make sure your low back stays flat on the floor.
- Do not let your chin extend forward during the exercise.



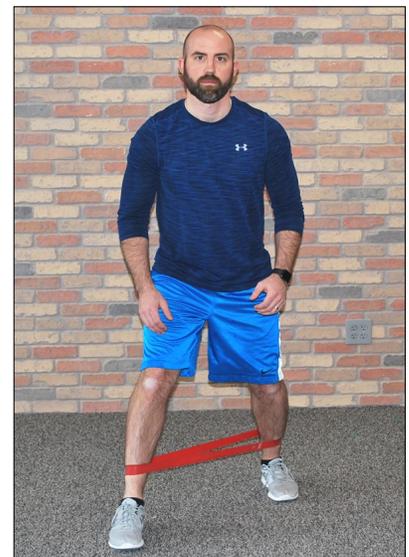
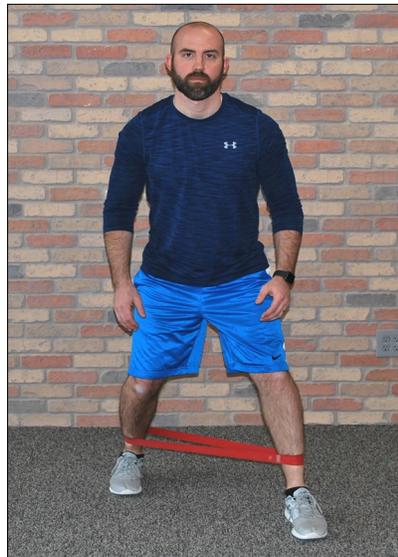
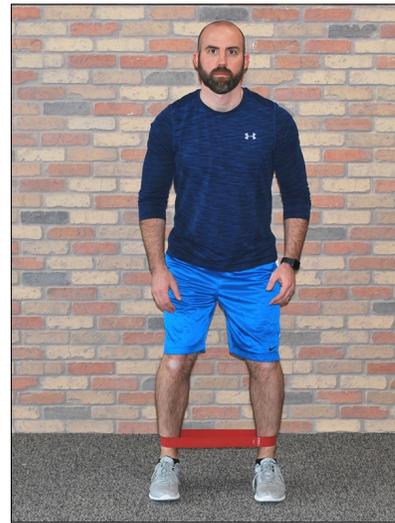
## Monster Walk

**Setup:** Start in a standing upright position with a resistance band looped around your ankles.

**Movement:** Slightly bend your knees into a mini squat position. Step diagonally forward with one foot, then slowly bring your feet together. Repeat in the opposite direction.

**Tips:**

- Make sure to keep your chest upright.
- Do not bend your knees forward past your toes.



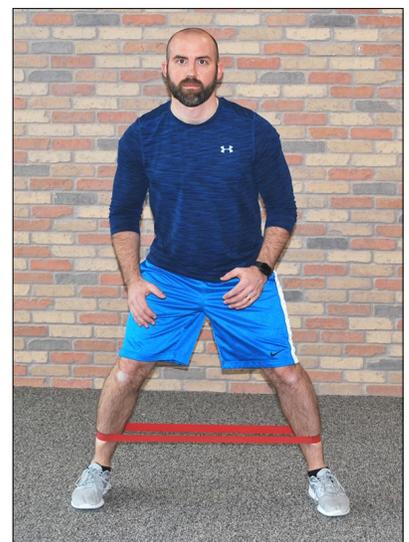
## Lateral Walk

**Setup:** Start in a standing upright position with a resistance band looped around your ankles.

**Movement:** Slightly bend your knees into a mini squat position. Take multiple large steps sideways, maintaining tension in the band. Repeat in the opposite direction.

**Tips:**

- Make sure to keep your feet pointing straight forward.
- Do not lean your torso to either side as you step.



## Russian Twist

**Setup:** Start by sitting on the floor with your legs elevated and knees bent. Lean back so your torso and legs form a V-shape.

**Movement:** Twisting at your torso, bring your hands from the side of one hip to the other. Repeat.

**Tip:**

- Do not let your feet drop towards the floor or move from side to side.



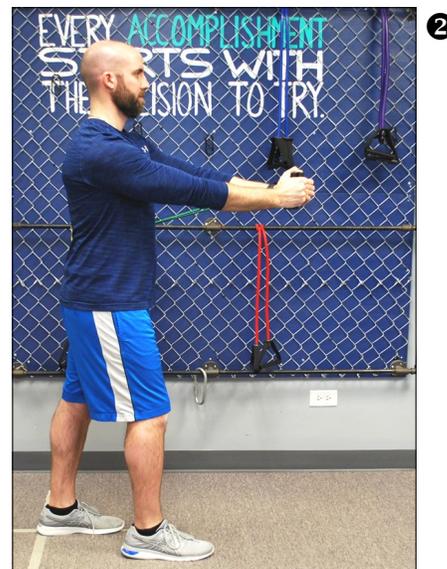
## Pallof Press

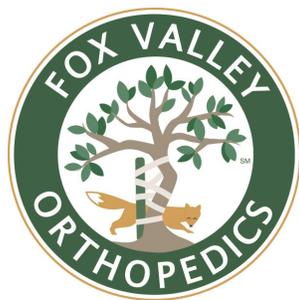
**Setup:** Begin in a standing upright position holding a resistance band in both hands that is anchored at your side.

**Movement:** Press your arms straight forward. Hold for 5 seconds, then bring your arms back in and repeat.

**Tips:**

- Keep your back upright.
- Do not let the band cause your lower back to rotate.





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