

“EASY CORE STABILITY EXERCISES”

I. STANDING ROTATIONAL MOBILITY

Hold ball away from the body, slowly turn your arms in both directions then gradually increase speed and change directions. Make sure don't over twist your pelvis and your head should be following the ball, so that the spine will be stable. Do it 10 repetitions in each side.



II. SEATED MOBILITY

Perform slow controlled movements of the hips by bringing your hips side to side, forward & backwards and making circles with your hips. Breathe deeply to improve circulation. Do it 10 repetitions in each movement.



III. SEATED BALANCE CHALLENGE

Bring both arms upward, sideward and diagonally crossing the midline. Do it 10 repetitions on each exercise.



IV. WALL SQUATS

Stand upright facing away from the wall, rest the ball on your lower back with feet shoulder-width apart then slowly bend both knees. Let the ball roll up your spine as you go down. Hold for 5 seconds and slide up the wall. Repeat 5 times.



V. ABDOMINAL ISOMETRIC EXERCISE

Lie flat on your back, both knees bent, feet flat on the floor. Place both hands under belt level. Then, push your hands with your lower back. Hold for 10 seconds and relax. Repeat 3-5 times and do it 2-3x each day.



VI. BRIDGING EXERCISE

Lie flat on your back, feet flat on the floor, and then lift your hips off the floor. Remember not to arch your back.



VII. DIAGONAL ARM AND LEG LIFT

Start with all four's, lift one arm and the opposite leg parallel to the floor. Repeat to the opposite side. Do this if you don't have any knee pain or injuries.



“INTERMEDIATE CORE STABILITY EXERCISES”

I. SINGLE LEG SQUAT

Stand on one leg, ball in between the wall and your back at belt level, slowly bend your leg and let the ball roll up your spine as you go down. Make sure you're in stable position.



II. SINGLE LEG TRUNK MOBILITY

Stand on one leg, hold the ball away from your body and move the ball in all directions (side to side, up and down, diagonally, and rotation).



III. SINGLE LEG BRIDGING

Lie flat on the floor, and then slowly lift your hips and one leg off the floor with knees slightly bent. Repeat to the opposite side.



IV. PRONE ABDOMINAL ISOMETRIC

Lie on your chest and rest your weight on both elbows and feet, stay in this position for 1 minute and breathe.



V. LATERAL TRUNK RAISE

Lie on your side. Lift your body off the floor while resting on one elbow and on your feet. Keep straight your back and hold it for 10-15 seconds.



VI. PRONE PUSH-UP WITH BILATERAL KNEE

Place the exercise ball in the corner of a wall and make sure that it is stable. Then position yourself facing the ball with both knees bent and placed your hands on top in a comfortable distance. Push your shoulder down and up.



VII. PRONE PUSH-UP & LEGS ON THE BALL

Stand facing the ball with both legs far apart. Then bend forward holding the ball with knees slightly bent. Take a deep breath and start to roll forward until your legs are rested on the ball, and start the push-up.



VIII. BRIDGING BOTH FEET ON THE BALL

Keeping abdominal muscles tight, slowly lift your hips off the floor (Squeezing the butt muscles) until body is in straight line.



IX. ABDOMINAL CRUNCH

Lie on the ball with your knees bent to 90° so that the arch of your back is supported. Take a deep breath and release while raising your upper body by squeezing your abs and lifting your shoulders off the ball. Hold it for 5 seconds and repeat 10x each day.



X. BACK EXTENSION

Rest comfortably with your pelvis & stomach on the ball. Position your arms by your side & palms facing down. Then lift your shoulders off the ball. Hold it for 5 seconds and repeat 10x each day.



XI. BUTTOCKS LIFTING

Lie on the ball with the head, neck & shoulders supported, knees bent and body in a table-top position. Lower the hips towards the floor without rolling on the ball. Squeeze the buttocks muscle to raise hips until body is in straight line like a bridge. Hold weights on the hips for added intensity & make sure you press through the heels & not the toes. Hold for 3-5 seconds, repeat 5-10 times.



