

Core Stability Circuit

1. **Draw in maneuver:** on your back with your feet flat on the ground, roll your hips under so your back is flat on the ground by squeezing your transverse abdominal muscles. Hold for 10 seconds; repeat 5-10 times.
2. **Floor marching:** in the same position, perform a draw in maneuver; begin marching by lifting one knee towards chest (to 90°), lowering down, and repeating with the other leg. Continue marching for 5-10 times each leg. Make sure to keep your transverse abdominal muscles contracted.
3. **100's:** on your back with your legs in the air, raise your shoulders off the ground, with your arms straight by your sides (slightly off the ground); pump your arms 5 times as you breathe in, and pump your arms 5 times while you breathe out. This is one repetition. Repeat 5-10 times.
4. **Seated twists:** Sitting in a chair, put your hands behind your head with your elbows out to the sides. Using only your core, twist gently to one side and hold for 3 seconds. Slowly return to center, and repeat on the other side. Repeat 5-10 times each direction.
5. **Pelvic clocks:** Stand with your feet shoulder width apart, have a slight bend in your knees, place your hands on your hips and rotate your hips in a circle. Make sure that the movement comes from your core. Your upper body and lower body should remain still while you are rotating your hips. Circle 5-10 times in one direction, and repeat 5-10 times in the other direction.
6. **Press ups:** Lying prone (on your belly, face towards the ground), place your hands by your chest (elbows bent) and slowly press your upper body off the ground. Your legs/hips should remain on the ground.
*These should be performed as tolerable. If you cannot perform this exercise without pain, do not include it in your core circuit.

Progression for the circuit:

- Start with 5 repetitions for each exercise and go through the circuit 1-2 times.
- Move to 5-7 repetitions for each exercise and go through the circuit 2 times
- Finally, perform 10 repetitions of each exercise and go through the circuit 2 times

This circuit should be performed **2-3 times per week**.

DAILY: you should work on your draw in maneuver daily. This can be lying down, standing, or even sitting at your desk. It is important that we consciously think about activating our abdominal muscles at all time because it is involved in all of our movements, even just sitting or standing. If we do not activate our abdominal muscles, we force our back muscles to do all the work!