

Core strength exercises - sheet 1



Good core strength is important in protecting and supporting the lower back. These exercises are a great way of improving this.

Exercise 1 - The plank

1. Place yourself as in picture No.1 across.
2. Note that your bottom should be slightly raised and not inline with the spine, this protects against the hips dropping; which can happen as you fatigue and may hurt the lower back.
3. Hold until you feel yourself start to shake, or your hips start to drop.
4. At this point gently lower yourself so you are completely lying on your front.

NB. A good target is to be able to hold the plank for 1 minute.



Exercise 2 - The 'Superman'

1. Position yourself as in picture No.1 across
2. Keeping your bottom 'tucked in' extend your right arm and then your left leg as in picture No.2 and 3.
3. Hold for 10 secs, then release going back to the position in picture No.1
4. Swap over the arm and leg and repeat.