



## Intro to Core Exercises (Level I)

NAME:

DATE:

### Instructions:

Start on your back on the floor with the knees bent, or seated in a chair for Steps 1 & 2. Arms can be placed on the hips or across the chest, or laying by the sides.

### Low abdominal March

- Draw in the low abdominals pulling the belly button toward the spine, and lift one foot off the floor ~5-6 inches. Replace the foot, pulling in with the low abdominals and keeping the hips as still as possible. Repeat on the other foot.
- [Continue low abdominal marching until 10 repetitions](#) are complete.
- Repeat on ½ Foam Roller x 10 reps.
- Repeat on full Foam Roller x 10 reps.

### Bridge & Bridge Repetitions

- Lift the hips off the ground and hold the gluts together and hips at shoulder height for 1-2 seconds, keeping the abdominals pulled in. Lower the hips back to the ground, and repeat.
- Bridges – Repeat x 5-10 repetitions.
- Bridge Hold – Hold this position for 30-60”.
- Bridge Marches – Holding a bridge position, lift one leg at a time, keeping the knee bent. Alternate legs x 5-10 repetitions.
- Bridge Leg Extensions – In the bridge position, lift one leg at a time, keeping the knees at the same height and straightening the leg. Alternate legs x 5-10 repetitions.

### Single Leg Bridge Progression

- Start lying on your back with the knees bent and one foot on the floor, and holding one leg on the chest. Lift the hips by pushing through the heel, until they are in line with the shoulders and knees. Return the hips to the ground gently and immediately repeat.
- [Single Leg Bridge, Hold Knee](#)
- [Single Leg Bridge, Hip Flexion](#)



## Intro Core Workout (Level I)

NAME:

DATE:

### Instructions:

Repeat x 1 set every day OR x 2 sets every other day

### Week 1:

- 10 x [Low Abdominal March on ½ Foam Roller](#) /leg
- 20 x Bridge Repetitions
- 10 x [Low Abdominal Leg Extension on ½ Foam Roller](#)
- 30" x Bridge Hold

### Week 2:

- 10 x [Low Abdominal March on Foam Roller](#)
- 10 x Bridge Marches /leg
- 10 x Low Abdominal Leg Extension on Foam Roller
- 10 x [Single Leg Bridges, Hold Knee](#) /leg

### Week 3:

- 10 x [Low Abdominal Leg Extensions on Foam Roller](#)
- 10 x Bridge Leg Extensions/leg
- 10 x Single Leg Bridges /leg