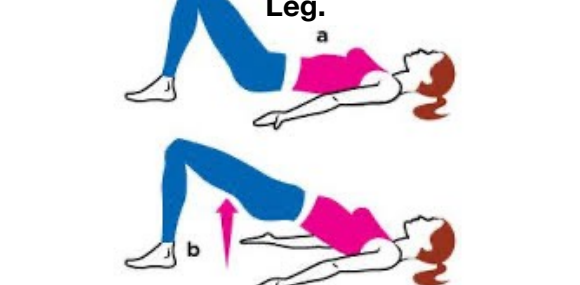








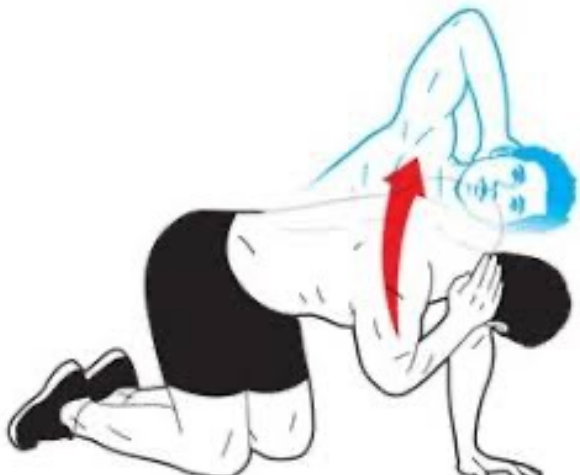

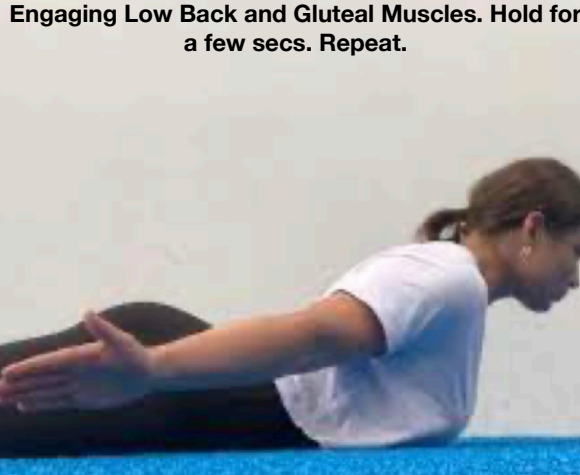
	<p>Do as little as 1 set up to 5 or more reps for 5 to 15 + seconds Holds. 2-3 x a week. Can be done daily. Holds can be held longer up to 30+ secs. CAN TAKE LESS THAN 5 MINUTES TO COMPLETE-see video</p>	<p>Video: Complete Core Program</p>
<p>Core</p>	<p>I consider the core musculature system above the waist and below the ribs. It is important to have a stable and resilient core for activities of daily living and performance. Most core exercises are done with little to no movement in order to build stability. That is why most of the core exercises I employ are holds, where muscles are engaged and held statically.</p>	
<p>Bridges</p>	<p>Push through heels. Advanced Single Leg.</p> 	<p>Video: Bridges</p>
<p>Crunches</p>	<p>Can be done with hands under head</p> 	<p>Video: Crunch</p>
<p>Double Leg Lift: Modified is a Single Leg Lift</p>	<p>SIDE-LYING LEG LIFTS <small>WORKS CORE, HIPS, AND GLUTE MUSCLES; IMPROVES HIP STABILITY</small></p> <p>Pull Hip to Ribs</p> 	<p>Video: Double Leg Lift; not shown single leg modified</p>
<p>Planks</p>	<p>Pull Elbows to Knees. Advanced on Toes not Knees.</p> 	<p>Video: Planks (modified shown)</p>
<p>Bird Dogs</p>	<p>Keep Hips and Shoulders Level</p> 	<p>Video: Bird Dogs Can be done with only leg or only arm is a way to modify</p>
<p>Side Bridges</p>	<p>Pull Elbow to Knees. Advanced not on Knees, but on Feet.</p> <p>STRONG FROM HEAD TO HEELS</p> <p>MODIFIED SIDE PLANK</p> 	<p>Video: Side Bridge ie Side Plank</p>
<p>Mobility</p>		
<p>Cat Cow Stretch: start on your hands and knees with your wrists directly under your shoulders and your knees under your hips. Inhale as you arch your back, lifting your head and tailbone toward the ceiling (cow pose). Exhale as you round your spine, tucking your chin to your chest and drawing your belly button toward your spine (cat pose). Repeat this sequence for several breaths.</p>		<p>Video: Mobility Floor for Core</p>
<p>Child's Pose: Begin on your hands and knees, then sit back on your heels while reaching your arms forward, lowering your chest toward the ground. Rest your forehead on the mat and relax your entire body. This stretch gently elongates the spine and releases tension in the back.</p>		<p>Video: Mobility Floor for Core</p>
<p>Cobra pose: It targets the spine and lower back. Lie face down with legs extended and palms under shoulders. Inhale, lifting chest while keeping elbows close, then exhale, lowering back down. Hold briefly and repeat for improved flexibility and muscle strength. Do not go to far up, Just to first resistance barrier. Some older people should not go up more than a few degrees.</p>		<p>Video: Mobility Floor for Core</p>
<p>Thoracic Mobility: To enhance thoracic mobility, start in a quadruped position and sit back. Put hand behind head, then rotate raised elbow your torso towards opposite hand while keeping your hips stable. Do a few repetitions. Repeat on the other side, focusing on controlled movement and breathing.</p>		<p>Video: Thoracic Mobility</p>
<p>Core Breathing</p>		
<p>Develop Your Core with Deep Core Breathing</p>	<p>Deep Core Breathing - Develop the Core with Breath</p> <ol style="list-style-type: none"> 1. Get comfortable: On Back or Quad Position. You can do this also in standing or seated position. 2. Focus on breath: Inhale deeply through your nose, letting your abdomen expand (from your lower abdomen all the way up to first rib) and feeling your diaphragm move downward. Pause briefly. 3. Engage core: Exhale slowly through your mouth, gently contracting your abdominal muscles by pulling your belly button toward your spine as much as you can safely. 4. Activate pelvic floor: Keep engaging your abdominals and also activate your pelvic floor muscles, as if stopping the flow of urine throughout all breath phases. 5. Maintain posture: Throughout, maintain good posture, keeping your spine neutral and shoulders relaxed. 6. Repeat: Practice this deep breathing with core and pelvic floor engagement for several breaths, increasing duration over time. 7. Regular practice: Incorporate this into your daily routine, especially before activities requiring stability and strength. 	<p>Video: Deep Core Breath</p>
<p>Advanced Core</p>		
<p>Static Flexion Hold</p>	<p>Seated with knees bent. Keeping back Straight Lean Back and Statically Hold for a few Secs. Repeat. Can perform a Twist from above Ribs.</p> 	<p>Video: Static Flexion Hold</p>
<p>Static Sternal Lift Hold</p>	<p>Lying on Stomach Perform a Chin tuck with Shoulder Squeeze. Then lift Chest off floor by Engaging Low Back and Gluteal Muscles. Hold for a few secs. Repeat.</p> 	<p>Video: Static Sternal Lift Hold</p>