

HOME WORKOUT

Always make sure to check with your physician before starting an exercise program.

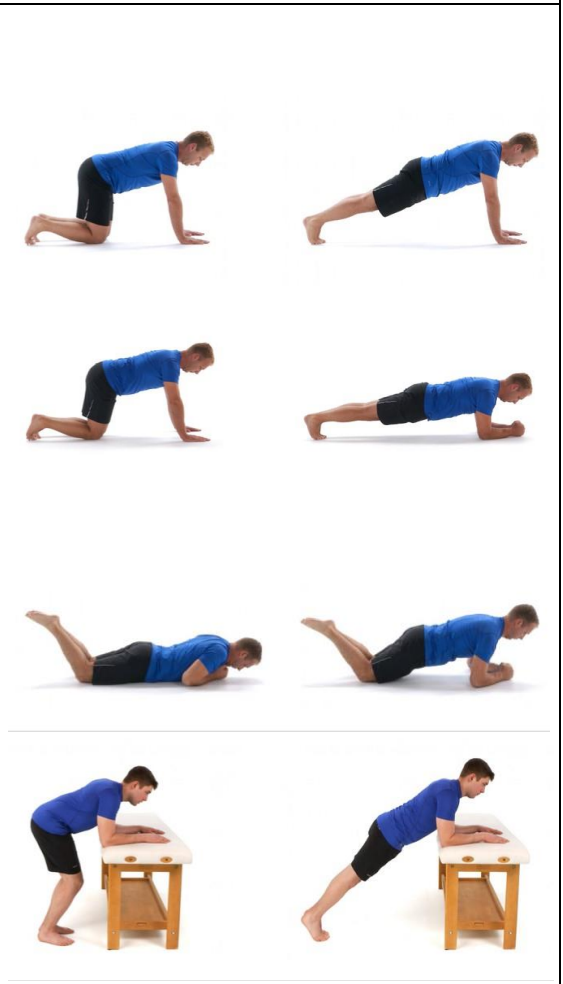
Core Strength

Try and set a goal of doing core work at least 2x a week. Pick 2-3 different exercises each session to keep some variety instead of doing the same routine each time. Aim to complete 3 sets of 10-15 reps or holding the exercise for time (20-30sec).

Plank

Start up on your hands or forearms shoulder width apart with your feet back so your body is in a straight line. Keep your back flat and try to prevent your hips from dropping down. Tighten your core and imagine bringing your bellybutton to your spine and hold this position.

To modify, you can drop your knees to the ground, lean against a wall, table or chair while still maintaining a straight line for body position. Make sure if you lean against something it is in a secure position and will not move.



If you have any questions about any of the workouts or exercises please contact afast@brocku.ca or sradcliffe2@brocku.ca

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Pallof Press

This exercise can be done in a standing or sitting position. Starting with your hands at your chest, keeping your core tight, move your arms straight out to extension and back to your chest. Continue to do this motion, adding resistance by holding onto a weight or any object you may have.



Verywell.com

Bird Dog

Start on the floor with your hands under your shoulders and knees under your hips. Keeping your core tight, lift one arm and opposite leg while keeping your back flat and limiting torso rotation. Bring your arm and leg back down and repeat with the other side. If it is difficult to lift both your arm and opposite leg together, lift your arms and legs one at a time.

To modify, perform the exercise against a couch, table or wall.



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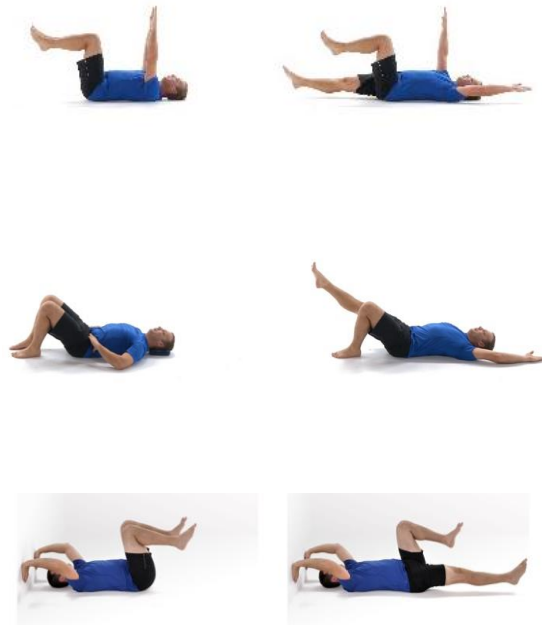
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Dead Bug

Start by lying on your back with your arms pointing straight up, shoulders lifted slightly off the floor and your hips and knees bent at 90 degrees. Lower your leg straight down slowly while lowering the opposite arm behind your head. As you do this, remember to breathe and keep your core tight.

Modifications include lowering your arms and legs one at a time, keeping one foot on the ground as you move your arm and other leg or using the wall for support.



Glute Bridges

Start on your back with your knees bent, feet hip width apart, and arms at your side. Lift your hips off the ground while squeezing your buttocks until your torso is in a straight line with your legs, or as high as you are able. You can hold this position for a specific time or lift your hips up and down for repetitions.

For a more advanced exercise, elevate one leg straight and hold as you lift your hips up.



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Hollow Hold

Start on your back with your knees bent and arms at your side. Straighten out your legs and arms overhead, lifting your feet and shoulders slightly off the ground to engage your core. Hold this position. If you have osteoporosis, pick an alternative exercise such as the plank.

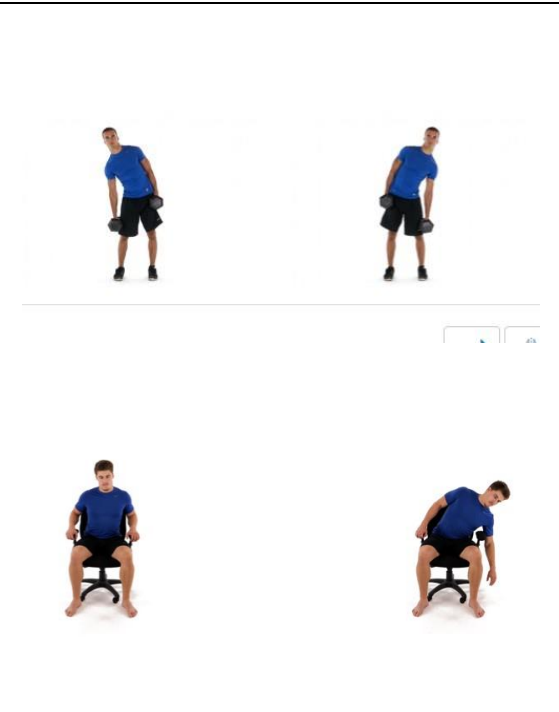
You can modify by keeping your arms at your side, raising your shoulders and arms slightly off the ground and bringing your knees in, keeping your legs bent. Even in this position it is important to engage your core. If you need to put your feet down, you can.



Obliques- Side Bend

Standing tall with your arms at your sides, lean to the side dropping your shoulder down and sliding your hand down your leg and back up to starting position. For added resistance, hang on to a weighted object in each hand.

If seated, sit in your chair with your arms at your side. Lean to the side dropping your shoulder and hand down straight. Try to keep your shoulders facing forward and then sit back up to starting position.



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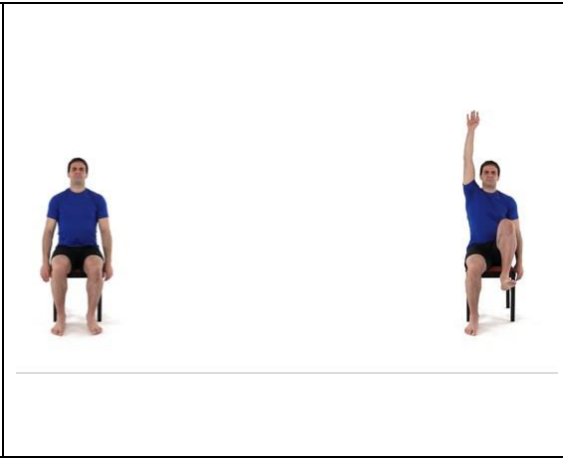
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Core Activation

Sitting in your chair, activate your core by imagining pulling your bellybutton into your spine.

Simultaneously, lift your arm and opposite leg slowly. Alternate back and forth with your arms and legs.

To modify, lift your arms and legs one at a time.



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