



Train Your Core!

Type of Exercise:
Core Training

Level: Easy - Moderate

Equipment Needed: Mat

This routine is designed for people who want to protect and strengthen their core. Back pain is a very common complaint, especially as people mature. Why? It is usually associated with lack of physical activity and poor posture. Your core includes the muscles of your entire trunk. Core training can help decrease or prevent back pain and can be easily integrated into your current lifestyle. Find a convenient time and location, schedule it into your daily calendar and train your core! Work on being consistent with your training.

You need to be able to move without complications, such as pain to use this routine. Please use common sense! Our downloadable routines are designed for average people with no underlying health issues. If you're feeling poorly when exercising – stop and figure out what's going on with your body. If you've got health issues that might be impacted by this routine, please visit your doctor before starting this program.

Exercises:

Cat Stretch

- stand on all 4s (knees under hips and hands under shoulders)
- round the spine (roll chin towards chest)
- hyperextend the spine
- move slowly, focus on lower back movement

Crunch (This can be performed with arms at your side, hands by the ears, or with hands crossed across the chest. To make the exercise more challenging lift the legs with the knees at a 90 degree angle)

- only lift head and chest until shoulders are off the floor
- lower down and stop before head touches floor

Diagonal crunch

- right hand/elbow goes towards left knee and vice versa

Sit-ups

- bend the knees
- lift upper body until sitting upright
- feet stay on floor

Diagonal arm-leg stretch

- perform on all 4s (knees under hips and hands under shoulders)
- extend arm and opposite leg
- bring elbow and opposite knee together and vice versa
- pay attention throughout exercise to maintain good posture

Upper body lifts with arms either out front or to the side

- lay on your front
- lift upper body very slowly
- pay attention throughout exercise to maintain good posture

<p>Hip lifts (to increase the difficulty, raise one leg)</p> <ul style="list-style-type: none"> • lay on your back, knees flexed • lift until upper body is in line with thighs • stop before rear end touches floor <p>Plank (this can also be performed on your side, resting on your elbow)</p> <ul style="list-style-type: none"> • lay on your front, hands together, elbows under your shoulders • lift hips until the upper body is in line with legs • breathe regularly throughout the exercise! 			
	Explanation of Goals and Exercise Routines	Estimated Time	Check if completed ✓
Week 1	Welcome to your core training, let's get started! These are basic yet challenging exercises. Think of contracting the active muscles while exercising. It's important to use excellent form throughout all movements. Warm up a little before starting the exercises.	60 Minutes	
Day 1	Cat Stretch: 5 reps Crunch: arms on side: 2 x 10 reps Diagonal arm-leg stretch: ea. 2 x 8 reps Hip lifts: 2 x 10 reps	20 Minutes	
Day 2	Cat Stretch: 5 reps Crunch: arms on side: 3 x 8 reps Diagonal arm-leg stretch: ea. 3 x 8 reps Hip lifts: 3 x 8 reps	20 Minutes	
Day 3	Cat Stretch: 5 reps Crunch: arms on side: 3 x 10 reps Diagonal arm-leg stretch: ea. 3 x 10 reps Hip lifts: 3 x 10 reps	20 Minutes	
Week 2	Can you feel something happening? Notice the difference in how you perform each exercise. You may already feel stronger and have more control! We'll add a little more this week. Use excellent form and pay attention to what you are doing. Nice work!	90 Minutes	
Day 1	Cat Stretch: 7 reps Crunch: hands hold ears: 3 x 10 reps Diagonal crunch: ea. 2 x 8 reps Upper body lifts: 2 x 8 reps Diagonal arm-leg stretch: ea. 3 x 10 reps Hip lifts: 3 x 10 reps	30 Minutes	
Day 2	Cat Stretch: 7 reps Crunch: hands hold ears: 3 x 12 reps Diagonal crunch: ea. 2 x 10 reps Upper body lifts: 2 x 8 reps Diagonal arm-leg stretch: ea. 3 x 10 reps Hip lifts: 3 x 12 reps	30 Minutes	
Day 3	Cat Stretch: 7 reps Crunch: hands hold ears: 3 x 15 reps	30 Minutes	

	<p>Diagonal crunch: ea. 2 x 12 reps Upper body lifts: 2 x 8 reps Diagonal arm-leg stretch: ea. 3 x 10 reps Hip lifts: 3 x 15 reps</p>		
Week 3	<p>Challenge is what makes you stronger, so we're integrating some more exercises. Face the challenge confidently. As always be aware of your form and breathe regularly throughout the exercises. Warm up before you start.</p>	105 Minutes	
Day 1	<p>Cat Stretch: 7 reps Crunch: hands hold ears, legs up: 3 x 15 reps Diagonal crunch: ea. 2 x 12 reps Sit-ups: 2 x 8 reps Upper body lifts, arms in front: 2 x 8 reps Hip lifts, 1-legged: ea. 3 x 10 reps Plank: 2 x 10 sec. Side plank: ea. 2 x 8 sec.</p>	35 Minutes	
Day 2	<p>Cat Stretch: 7 reps Crunch: hands hold ears, legs up: 3 x 15 reps Diagonal crunch: ea. 2 x 15 reps Sit-ups: 2 x 10 reps Upper body lifts, arms in front: 3 x 8 reps Hip lifts, 1-legged: ea. 3 x 12 reps Plank: 3 x 10 sec. Side plank: ea. 2 x 10 sec.</p>	35 Minutes	
Day 3	<p>Cat Stretch: 7 reps Crunch: hands hold ears, legs up: 3 x 20 reps Diagonal crunch: ea. 2 x 12 reps Sit-ups: 2 x 12 reps Upper body lifts, arms in front: 3 x 10 reps Hip lifts, 1-legged: ea. 3 x 15 reps Plank: 3 x 12 sec. Side plank: ea. 3 x 10 sec.</p>	35 Minutes	