

Basic Core Exercises



Neck glide to center and balance the head position. Inhale as you glide the chin back. Exhale as you relax.



Spinal traction and extension to balance the lower back. Move up first, then slightly back without moving the hips forward. Inhale as you stretch up and back. Exhale as you relax.



Chest expansion arms up and chest expansion arms lower. Inhale as you stretch back. Exhale as you relax.



Spinal traction and lateral bending. Move up first then to the side. Inhale as you stretch upward, exhale as you stretch to the side.

Rotational movement. Shift the weight slightly and gently rotate the torso. Keep your center between your knees as you turn. Inhale as you rotate, exhale as you relax to the center.



Wall slides. This is a leg strengthening exercise. The goal is to hold this position for 2 minutes at a minimum. Focus on a point in the distance, breathe in and out through the nose, and relax the upper body. Increase your time gradually as your ability allows.

Additional core exercises:

Planks/Push-ups/etc.: There are numerous ways to perform these.

Burpees: If you can do them properly.

Swiss Ball: Requires proper equipment and instruction.