



CBPT

'BUILD YOUR CORE'

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CORE STABILISATION IS PARAMOUNT FOR IDEALISTIC POSTURE, REDUCING LOWER BACK STRAIN + SUPPORTING MOVEMENTS OF EVERY DAY LIVING. ENGAGEMENT IS SUPERIOR TO RANGE- SO ONLY LIFT, HOLD, MOVE, TO WHERE YOUR ENGAGEMENT REMAINS ACTIVE.

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LETS STRIP THIS BACK TO THE BASICS. YOU DON'T HAVE TO BE FANCY TO GET THE DESIRED OUTCOMES. CONTROL IS KEY!



3 X 10 REPETITIONS

SINGLE LEG DROP

1. Lie on back and flatten lower back onto the ground so pelvis tucks under and toward roof. (Your back/pelvis need to stay in this position throughout the following movements).
2. Lift both legs up off floor and bend knees to 90 degrees as if your feet are sitting on the edge of the coffee table.
3. Slowly lower one foot toward the floor keeping knee slightly bent (do not touch foot on the floor). Bring knee back to start position before lowering other leg.
4. If you feel your lower back wanting to lift off the floor reduce how low you are lowering your foot too. If this is still happening with reduced range, then place one foot down fully on the ground with knee bent, and do all 10 reps on one side. This will help stabilise.

GLUTE BRIDGE

1. Lie on back and flatten lower back onto the ground so pelvis tucks under and toward roof (your belly button should feel as if it's slightly in toward your spine).
2. Squeeze your bum cheeks together as tight as you can.
3. Push up through your heels while keeping core engaged and glutes tight. Only lift to where is comfortable for you.
4. Hold for 2-3 seconds at your highest point before slowly lowering back down to the ground (glutes need to stay tight all the way back to the ground).
5. Relax before re-engaging and repeating steps 1-4.

3 X 10 REPETITIONS



BENT KNEE PARTIAL CRUNCH

1. Lie on back and flatten lower back onto the ground so pelvis tucks under and toward roof. (Your back/pelvis need to stay in this position throughout the following movements).
2. Place hands on thighs mid way between hips and knees.
3. Tilt your head forward just slightly and tuck your chin slightly down and in.
4. When ready initiate engagement from lower core, lift shoulder blades and head off ground to where is comfortable for you and slide hands up toward knees.
5. Only slide hands up to where is comfortable and to where your lower back still remains stable on the ground without lifting off.
6. Slowly slide hands back down until you are back in the start position before repeating.



3 X 10 REPETITIONS