

Core Stability Exercises



Diaphragm Breathing

Lay down, with knees bent to relax abdominals. Breathe in through your nose (3-5sec), feel your belly expand, breathe out through pursed lips slowly (3-5sec) as the belly flattens.

It can help to have one hand on belly and one hand on chest to see belly moving first/more than chest. Or hands on lower ribs to feel them move out and then contract in.



Double arm circles

Activate your core muscles and as you do, raise both arms up so that your fingertips are pointing to the ceiling. With muscles remaining activated, begin making small circles with your right arm, starting with circles the size of a tennis ball and moving up to a beach ball sized circle. Reverse and repeat the other way, for 10 circles each arm. The pelvis should be stable and free from tilt.

Lying leg slide stabilisation

Start lying on your back with your knees bent and feet flat on the floor. Activate your core stabilisation muscles and slowly slide your right leg out along the floor, then slide it back in toward your body. Keeping your pelvis steady and free from tilt, repeat on the other leg, for 6 repetitions each leg.



Scissors

Lie on your back, with your feet flat on the floor. Activate your core muscles and as you do, move your right leg up to 'table top' position (as pictured on left). With core muscles still activated, alternate one leg at a time, touching tip of your opposite foot on the floor as the leg comes down (as pictured on right), repeat for 10 toe touches on each leg.