

CORE STRENGTHENING

DO 3 SETS OF 10 REPS 2-3 X/DAY



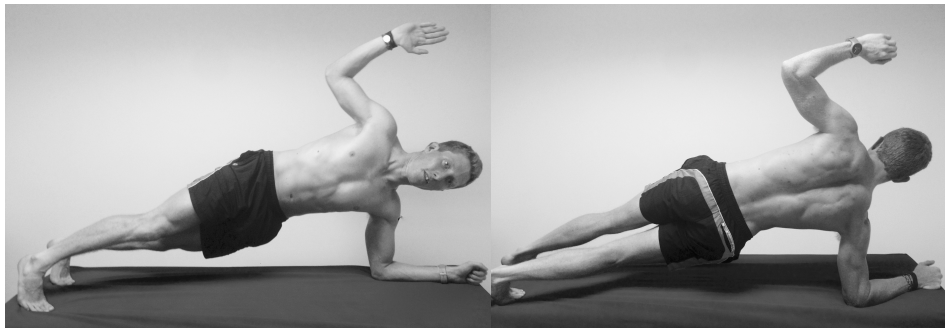
1) Active Straight Leg Raise: Place a towel under your lower back if you feel pain there during this exercise.



2) 90/90's: Keep your lower back flat by contracting your abs and move one leg to touch the floor while the other stays at 90 degrees.



3) Planking: Hold plank position on exercise ball if you want to combine shoulder strengthening with core exercises. Ensure your back is flat during exercise.



4) Side Planking: Start in above plank position then lift and rotate trunk and arm. Hold for 3- 5 seconds either side.



6) Ab Reaches



5) Ankle Taps:

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