



CORE STABILITY EXERCISES

LEVEL 1

KNEELING PLANK (ELBOWS DOWN)



Lie on your tummy, then push up to your elbows keeping your knees on the ground. Hold this position.

DOUBLE LEG BRIDGE



Lie on your back with your feet down and your knees up. Keeping your arms down on the floor next to you, lift your hips and hold.

KNEELING PLANK (STRAIGHT ARMS)



Lie on your tummy, then push up and straighten your arms keeping your knees on the ground. Hold this.

SUPERMAN



Lying on your tummy and keeping your arms by your side, lift your head and shoulders up. Hold this position.

KNEELING STARS



Lie on your side with your feet tucked behind you and your knees in line with your hips and shoulders. Push up to straighten your lower arm and lift your top arm.



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These exercises are intended as a guide only and do not replace comprehensive assessment and medical advice. Check in with your local physiotherapist or doctor to see if these exercises are suitable for you.

