



CORE STABILITY EXERCISES

LEVEL 2

STRAIGHT LEG PLANK (ELBOWS DOWN)



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

SINGLE LEG BRIDGE



Lie on your back with one foot on the floor and the other in the air. Keeping your arms down on the floor next to you, lift your hips up.

STRAIGHT LEG PLANK (STRAIGHT ARMS)



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

STARS (STRAIGHT ARM)



Lie on your side with your legs in line with your hips and shoulders. Push up to straighten your bottom arm and lift your top arm.

SUPERMAN



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



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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.

