














Core Strengthening Exercises

Prior to starting a workout, it is important to complete a warm-up that prepares the body for the specific demands of your workout. Strengthening muscles of the core is important for creating trunk stiffness to optimize force translation and preventing injury by reducing loads imposed on the spine.

Complete 2-3 sets of 10-15 reps of the exercises listed in the table below.

Activation Exercise		Explanation
		Deadbug: Lay on your back with your arms and feet in the air. Similar to the bird-dog, lower the right arm and left leg towards the ground with the limbs straightened. Return to the starting position and complete the movement with the opposite limbs. Ensure your core is braced throughout the movement and limbs are moved in a slow, controlled manner.
		Up-Down: Start in a high plank position (hands on the ground). While bracing your core, lower your body towards the ground by placing one elbow on the ground at a time. Return to the starting position in the same controlled manner.
		Front Plank Variations: The goal of the front plank is to stiffness in the trunk by bracing your core muscles. Focus on pushing your forearms into the ground, pushing the shoulder blades apart, and preventing the lower back from arching. Adding small movements throughout a plank such as a hip tap (shown in right photo), shoulder tap, or leg raise challenges your core strength and stability.
		Side Plank Variations: Similar to the front plank, the goal of the side plank is to create stiffness in the trunk by bracing your core muscles. Focus on keeping a straight line from your shoulders to your feet and prevent the hips from dropping towards the ground. To challenge stability, add reaches through the gap created between the hand and the ground (left) or knee-to-elbow taps.
		Renegade Row: Start in a high plank position while holding onto dumbbells. While bracing the core and driving the limbs into the ground, raise one dumbbell towards the ribcage then slowly return to the starting position. While completing this exercise, prevent the hips or trunk from shifting towards the side.
		V-Sit: The goal of this exercise is to create a "V" starting from your head and finishing at your knees while firmly bracing your core. From a seated position, raise your feet off the ground and straighten your knees the best you can. Raise your chest high and keep good back posture (i.e. maintaining natural spine curvature with shoulder blades down).
		Mountain Climbers: Start in a high plank position. While bracing your core and maintaining a neutral spine position, drive one knee forwards (underneath your ribs) and quickly return to the starting position. This movement of this exercise is similar to running where one leg is off the ground at all times.