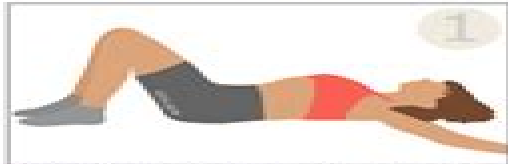
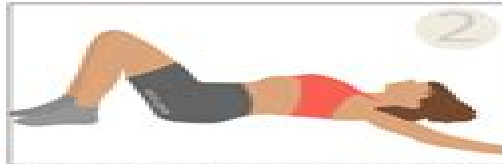


BEGINNERS CORE EXERCISES

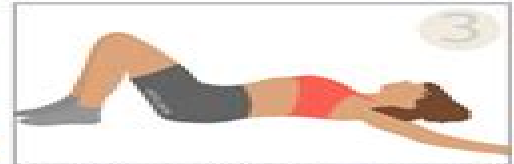
FIND NEUTRAL PELVIS



Flatten your lower back so that it is gently pressing into the floor. In this position, the pelvis is tilting **BACKWARDS**.

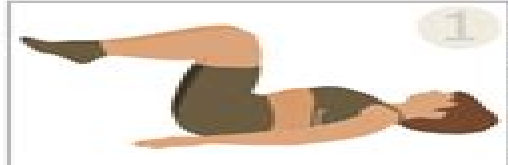


Now arch your lower back slightly to make a small gap with the floor. In this position, the pelvis is tilting **FORWARDS**.

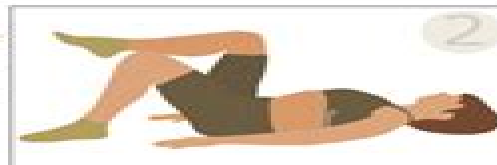


Find a position between these two where your lower back is neither in contact with the floor nor arching. This is **NEUTRAL** pelvis.

LEG LOWERS

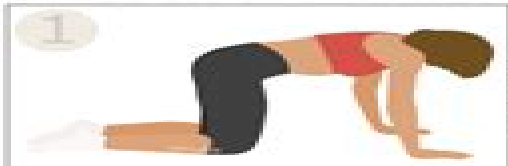


Lie on your back, hands by your side, with the legs raised, bent at the hips and knees as shown.

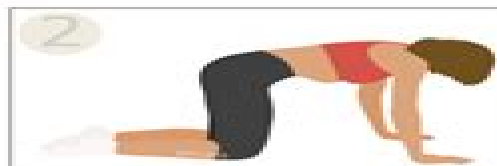


Using your core muscles to stay in neutral lower one leg down towards the floor. Return to the starting position and repeat with the other leg

AB HOLLOWING

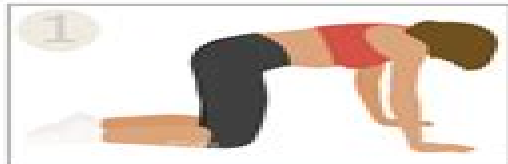


Get onto your hands and knees, with your back flat

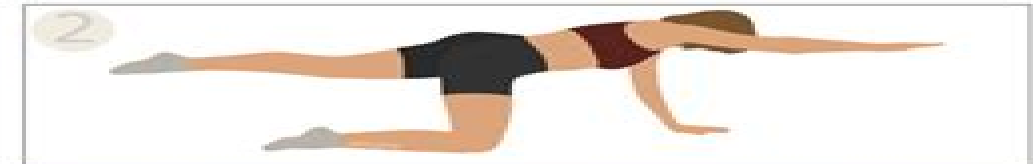


Pull your abdominal muscles in strongly to hollow the abdominal area

OPPOSITE ARM AND LEG RAISES



Start as for ab hollowing above



Keeping the core muscles engaged so that the back stays flat (not arched), raise the right leg and left arm until parallel with the floor. Hold for a count of 3 then lower and repeat with the left leg and right arm.

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Exercise Guide For Beginners

Rachel S Tattersall



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