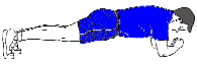
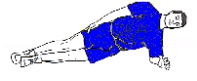
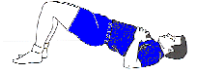
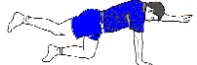




Core Stability		Session 1	Session 2
<p>The Plank Hold a straight body position, supported on elbows and toes. Brace the abdominals and set the low back in the neutral position. Hold this position.</p>		<p>Hold for 20secs, rest for 30secs. This is one rep. 2 sets of 4 reps, rest for 2mins between sets Add-on: hold for 30secs.</p>	<p>Hold for 40secs, rest for 30secs. This is one rep. 2 sets of 6 reps, rest for 2mins between sets Add-on: do 8 reps per set.</p>
<p>Side Plank Lie on one side, ensuring the top hip is above the bottom hip. Push up until there is a straight bodyline through feet, hips and head. Keep the elbow under the shoulder. Lower under control and repeat on opposite side. Hold this position.</p>		<p>Same as the plank, 2 reps on each side.</p>	<p>Same as the plank, 3 (or 4) reps on each side.</p>
<p>The Gluteal Bridge Lie on the floor with your knees bent. Squeeze your gluteals (bum) and then push your hips up until there is a straight line through knee and hip to upper body. Shoulders remain on the floor. Beware of rising too high or of flaring the ribs, which pushes the back into hyperextension. Hold this position.</p>		<p>Same as the plank.</p>	<p>Same as the plank.</p>
<p>Superman Start with hands below shoulders and knees below hips. Set your low back into neutral and brace your abdominals slightly. Slowly slide back one leg and slide forward the opposite arm. Ensure that the back does not slip into extension, and that the shoulders and pelvis do not tilt sideways.</p>		<p>Hold for 15secs, do opposite side for 15secs, rest for 30 secs is 1 rep. Repeat 6 times Add-on: hold for 20secs</p>	<p>Hold for 20secs, do opposite side for 20secs, rest for 30 secs is 1 rep. Repeat 6 times Add-on: hold for 30secs</p>
<p>Oblique Crunch Lie on your back with right ankle resting on left knee. Right arm is placed on the floor out to the side. Keeping the right shoulder down, curl the left shoulder up to the right knee. Crunch at the top and return slowly, under control. Avoid 'head nodding' during the movement: keep head off the floor and look forward throughout.</p>		<p>2 sets of 15 reps with 1 minutes rest between sets Add-on: do 20 reps</p>	<p>2 sets of 20 reps with 1 minutes rest between sets Add-on: do 30 reps</p>
<p>Side lying hip abduction Lie on your side and set pelvis so your top hip is stacked above lower hip. Roll shoulders forward a little and brace the abdominals to control pelvic position. Lift the top leg slowly up and down, without hitching at the hip.</p>		<p>2 sets of 20 reps on both sides with 1 minutes rest between sets Add-on: do 25 reps</p>	<p>2 sets of 25 reps on both sides with 1 minutes rest between sets Add-on: do 30 reps</p>