

Core Exercises Beginner

Your goal should be to complete all exercises in good form. Don't worry about how many you can perform; quality is more important than quantity. Perform these exercises daily and aim to improve over your last workout. The exercises are meant to be performed in succession.



Remember that you should only do those exercises that have been prescribed for you by your chiropractor. Make sure that you breathe throughout the exercises and do not hold your breath. If these exercises cause pain or discomfort, please discontinue and consult your chiropractor.

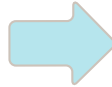
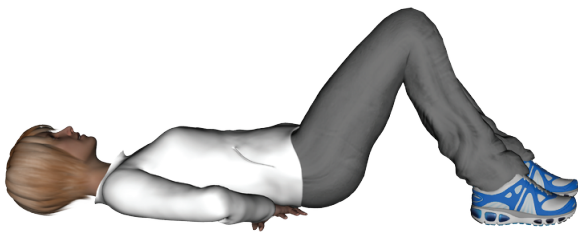
1. Start with the single knee up, your goal will be 3 sets of 10 reps. Take a 20 second break between sets. When you can do these comfortably try for 30 continuous reps.

2. When you have mastered the single knee-up you can add the double knee-up to your routine with the same goal of 3 sets of 10 reps. Eventually you will progress to 30 continuous reps.

3. When you can do exercises 1 & 2 comfortably for 30 continuous reps you are ready to add the quarter crunch. Again, your end goal is to work up to 30 continuous reps.

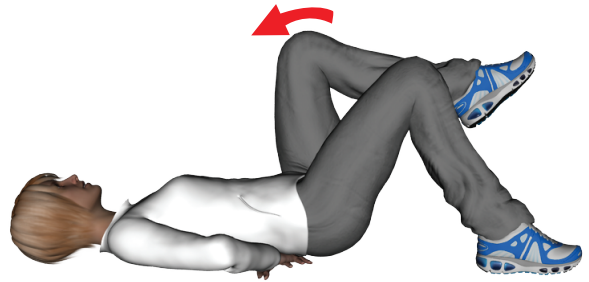
1. Single Knee-up

A Begin by lying on your back with your knees bent and your hands under your lower back. Your arms will be used to channel your weight away from your lower back, neck, and shoulders. Some will find that they are more comfortable with their hands positioned under the buttocks.



B

Squeeze your abdominal muscles and push your lower back into the floor. Push down with your hands and elbows for support. Now raise one of your bent knees toward your chest. You should feel more tension in your tummy than in your lower back. Hold for 2 seconds and lower your leg until you return to the starting position. Repeat with the other leg. Try to keep your neck and shoulders relaxed.



2. Double Knee-up

A Begin by lying on your back with your knees bent and your hands under your lower back. Your arms will be used to channel your weight away from your lower back, neck, and shoulders. Some will find that they are more comfortable with their hands positioned under the buttocks.



B

Squeeze your abdominal muscles and push your lower back into the floor. Push down with your hands and elbows for support. Now raise both of your bent knees toward your chest. You should feel more tension in your tummy than in your lower back. Hold for 2 seconds and lower your legs until you return to the starting position. Try to keep your neck and shoulders relaxed.



3. Quarter Crunch

A Start by lying on your back with your knees bent and arms stretched out towards your thighs. Relax your shoulders, neck, and upper back.



B

Tuck your chin inward, and bend your neck forward. Contract your abdominal muscles so that your shoulders come about an inch off the floor. Try to focus on using your abdominals and do not generate momentum by swinging with your neck muscles. As you crunch forward, your fingers should contact your thighs just below your knees.

