

Personal exercise program Core Strengthening (advanced)



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Provided for



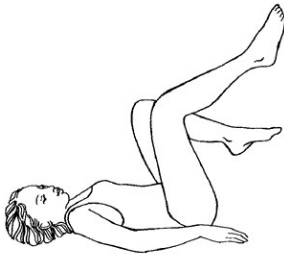
Start on hands and knees.

Stretch one leg behind you and opposite arm in front. Hold your straight leg so your foot is the same height as your bottom. Hold this position for 10 secs. Return your knee and hand slowly to floor.



Repeat 10 times.

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Lying with your knees bent up and feet flat on floor.

Lift your feet into the air. Make sure your back is flat on the floor at all times.

Make circling movements with your feet.

Make 10 full circles with each leg.

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Activities sitting on a large ball or hopper.

Encourage reaching and throwing activities in this position for balance.

Try to keep your hips in the middle and feet flat on the floor. Try to keep the ball as still as possible. Squeeze your tummy muscles to do this.

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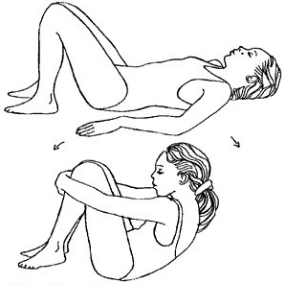


Use a balance board for activities.

Tick appropriate:

1. Stand on balance board with support from another person.
2. Stand and balance only holding onto someone with one hand.
3. Stand on balance board and try to balance alone.
4. Stand on balance board lift your arms out sideways.
5. Stand on balance board throw and catch.

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Lie with knees bent and feet flat on floor - back flat.

Curl up to place your hands around your knees as shown. Return to starting position slowly.

Repeat 10 times.

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Upside Down Scissors.

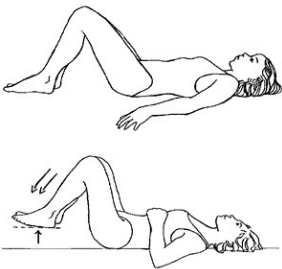
Lie on your back with your back flat on the floor and knees bent.

Straighten out your legs as shown.

Take your legs apart and together crossing your feet in front of you alternately.

Repeat 10 times.

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Lying on your back with your knees bent up and feet on floor.

Tighten your tummy and lift your legs 20 cms from the floor. Keep your back flat on the floor at all times.

Return to starting position by placing one leg down onto the floor at a time.

Repeat 10 times.

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Long bridges.

Lie on back with hips and knees bent and feet on floor.

Lift bottom from floor to make a bridge.

Straighten one leg and keep hips up and level.

Hold this position for 10 secs.

Return foot to floor, still keeping bottom high and hips level.

Return bottom to floor.

Repeat 5 times each leg.

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