

4 WEEKS TO A STRONGER CORE

WEEK 1

Isometric Contraction



Kneeling Plank



Daily:
3 x 10 seconds hold
or 3 X 6 reps

This program is designed to improve core strength which is important not only for your low back but will also help with posture and to prevent injuries.

WEEK 2

McGill Curl Up – Elbows Down



Plank Hold



Hip Bridge



Daily:
3 X 15 second hold
or 3 X 8 reps

Follow the week by week instructions but stop if you experience any pain or discomfort.

WEEK 3

McGill Curl Up – Elbows Up



Plank Hold



Modified Side Plank Hold



Hip Bridge



Daily:
3 X 20 second hold
or 3 X 10 reps

WEEK 4

McGill Curl Up – Hands Up



Plank Hip Extension Hold



Side Plank Hold



Single Leg Hip Bridge



Bird Dog



Daily:
3 X 30 second hold
or 3 X 12 reps