

Core Engagement Exercises:

Side plank: (3 x 30 seconds each side daily)

Hold side plank on the elbows for 30 seconds each side. Try to keep the shoulders, hips, knees and feet in the one line. Make sure your core, glutes and hamstrings remain engaged.



Curl Up: (Repeat 10 times per leg)

Positioned on your back, one knee bent and one straight. Engage your core by flattening the low back against the floor. Whilst continuing to focus on flattening the low back against the ground, slowly curl the chest and chin up into a slight crunch then lower again. Hold for 5-15 seconds.



Bird Dog:(3 x 30 seconds each side daily)

Positioned on your hands and knees. Squeeze and engage your core- have a neutral/flat spine. Start by lifting one arm or one leg at a time before progressing to lifting the opposite arm & leg at the same time. Once the arm and opposite leg are raised, and whilst the core is held tight, hold this position for up to 30 seconds before lowering to rest. Repeat on the other side. Slow and controlled movements are ideal.

Plank: (3 x Up to 1 minute daily)

Positioned on your elbows and toes. Never allow the low back to sag,



