

# CORE STRENGTH

## BENEFITS FOR HIKING

Improve Balance & Stability

Prevent Back Injuries

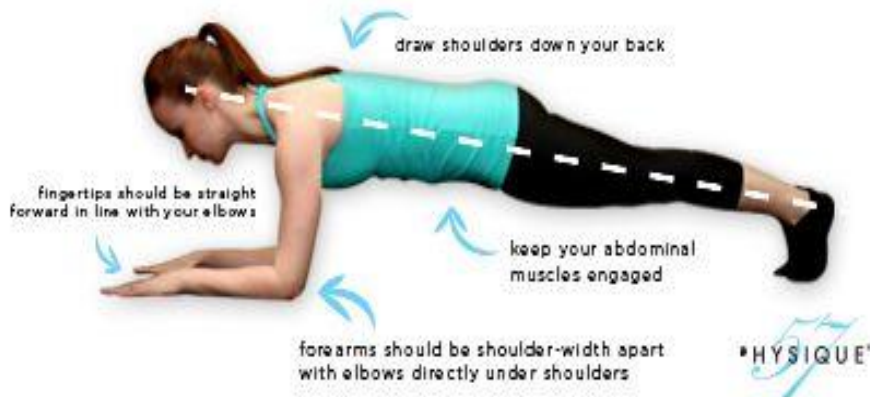
Improve Posture

Improve Transfer of Power to Extremities

# FOREARM PLANK

## FOCUS *on* FORM

### *forearm plank*



- On your stomach. Place your forearms on the mat, legs straight, curl your toes under.
- Lift your body parallel to the floor. Look at the floor, avoid sagging in the low back.
- Can be modified by placing your feet apart or by placing your knees on the mat and keep your feet off the mat.
- Hold 30sec. Progress to 2 mins.

# SIDE PLANK

## WEEKEND CHALLENGE: **ARE YOU IN?**

### *modified side plank*

Bending your knees reduces the amount of your body weight that you have to lift.



### *regular side plank*

Your head should stay in line with your body.



### *single-leg side plank*

Keep your core braced.



- Lie on your side prop up on your forearm keeping elbow aligned under the shoulder.
- Start with modified bent knee posture, raise your hips keeping your spine straight.
- Progress to straight leg posture when you can.

# ABDOMINAL CURL



- Lie on your back, knees bent feet on the mat. Place your fingertips behind your head. Inhale deeply, as you exhale lift your head and shoulders off the mat. Keep your hips firmly on the mat. Repeat 15 x.

# OBLIQUE ABS



- Place your R ankle across the L thigh.
- Fingertips of the L hand behind your head, R arm straight out on the mat. Bring your L shoulder off the mat towards your R hip.
- Repeat 15 x. Then repeat other side. Always exhale on the lift.

# SPINAL MUSCLES



- Keep looking at the mat and keep your legs on the mat.
- Repeat slowly 15x
- Lie on your stomach. Place your hands under your forehead.
- Lift your hands head and chest .
- Progress to single arm-opposite leg lift



# SPINAL MUSCLES

- Progress to “Superman Pose”



# CORE CONTROL

- Start on your hands and knees. Hands under shoulders and knees under hips.
- Keep your neck aligned with your spine ( Look at the floor).
- Raise your R arm to ear level and your L leg to hip level. Hold for 10 sec. Repeat other side.
- Progress to 30 sec hold

