

# Core Muscles Post

Created by Cameron Garber, DPT Sep 10th, 2015

View at "[www.my-exercise-code.com](http://www.my-exercise-code.com)" using code: CZY73SU

Total 13

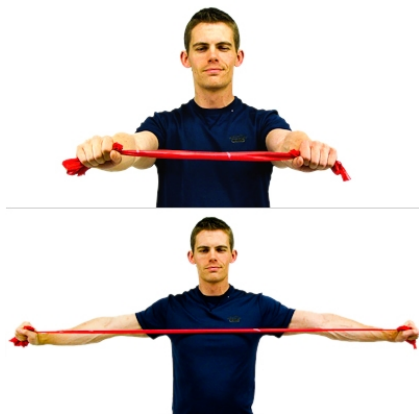


## Upright BAND ROWS-Rhomboids

Holding elastic band with both hands, draw back the band as you bend your elbows. Pinch the shoulder blades together. Keep your elbows near the side of your body.

The key to this exercise is to maintain perfect posture. If you are using a machine to perform the row don't lean back! Keep your back upright and reduce the weight to an amount that you can maintain a perfectly still trunk while moving the arms only.

Repeat 10 Times  
Complete 2 Sets  
Perform 3 Time(s) a Week



## Horizontal pull Aparts-Middle traps

While holding an elastic band with your elbows straight and in front of your body, pull your arms apart and towards the side.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 3 Time(s) a Week



## Diagonal Pull Aparts-Upper and lower traps

Start by holding an elastic band in front of your body. Next, using both arms, draw both ends apart with one of the band upwards and the other downward towards opposite sides. Don't perform as shown with one arm fixed to the side. Instead, start in the middle and pull outward similar to the horizontal pull aparts.

Repeat to the opposite side.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 3 Time(s) a Week



**Ceiling punches- Serratus anterior**

Lie on your back with your arms extended out in front of your body and towards the ceiling. While keeping your elbows straight, protract your shoulders forward towards the ceiling. Keep your elbows straight the entire time.

Repeat 1 Time  
 Hold 1 Second  
 Complete 1 Set  
 Perform 2 Time(s) a Week



**PUSH UP PLANK PLUS-Serratus anterior**

Start in a push up position on your hands and toes with elbows fully extended as shown. Maintain this position as you protract your shoulder blades forward to raise your body upward a few inches. Then, return to original position.

Repeat 10 Times  
 Hold 3 Seconds  
 Complete 2 Sets  
 Perform 2 Time(s) a Week

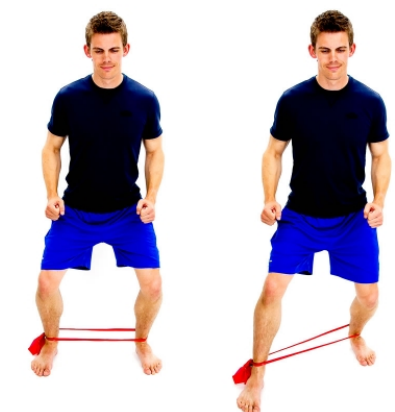


**LATERAL PLANK-Transverse abdominis**

While lying on your side, lift your body up on your elbow and feet. Try and maintain a straight spine.

With all plank exercises progress to 3 sets of 30 seconds, then to two sets of 1 minute and then to 20 leg lifts each side.

Hold 30 Seconds  
 Complete 3 Sets  
 Perform 3 Time(s) a Week



**ELASTIC BAND FORWARD/Backward WALKS - MONSTER WALK**

With an elastic band around both ankles, walk forward while keeping your feet spread apart. Keep your knees bent the entire time.

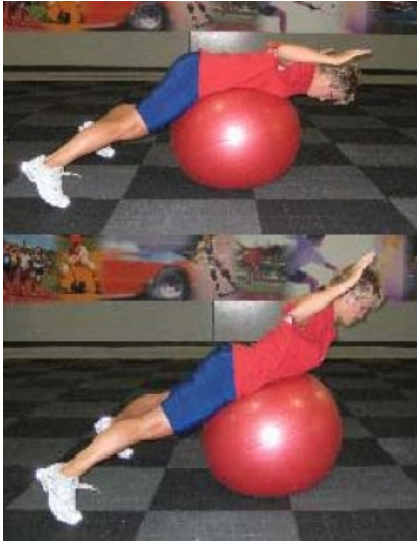
Repeat 10 Times  
 Complete 2 Sets  
 Perform 3 Time(s) a Week



### ELASTIC BAND LATERAL WALKS

With an elastic band around both ankles, walk to the side while keeping your feet spread apart. Keep your knees bent the entire time.

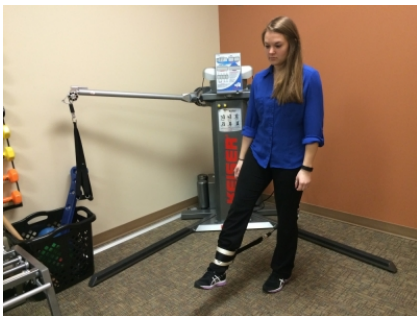
Repeat 10 Times  
Complete 2 Sets  
Perform 3 Time(s) a Week



### Back Extension - Upper Body

Lie over the ball with feet on the floor. It works best if you wedge your feet against the wall and the floor to hold you in position. Activate the back and squeeze the glutes while lifting the upper body. Lift the body as a unit. You can place your arms behind your body, behind your head, or with arms outstretched.

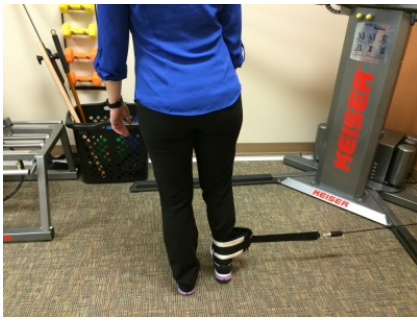
Repeat 10 Times  
Hold 3 Seconds  
Complete 2 Sets  
Perform 4 Time(s) a Week



### Hip flexion-Glutes/hip strengthening

Kick right leg forward while balancing on the left leg, maintaining a neutral spinal position and slowly return to the starting position.

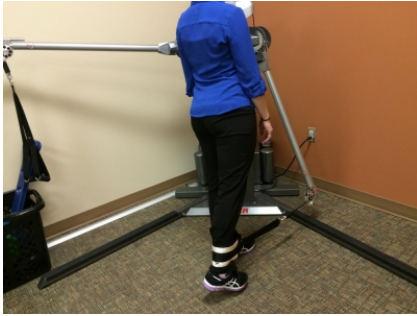
Repeat 10 Times  
Complete 2 Sets  
Perform 3 Time(s) a Week



#### Hip adduction-Glutes/hip strengthening

Standing with strap at ankle, balancing on opposite leg, pull into the balancing leg. Slowly return to starting position

Repeat 10 Times  
Complete 2 Sets  
Perform 3 Time(s) a Week



#### Hip extension-Glutes/hip strengthening

Balancing on left foot, kick the right foot backward, maintaining a neutral spinal position, slowly return the leg to the starting position.

Repeat 10 Times  
Complete 2 Sets  
Perform 3 Time(s) a Week



#### Hip abduction-Glutes/hip strengthening

Balance on the left foot, kick the right foot out to the side, maintaining a neutral spinal position and slowly return to the starting position.

Repeat 10 Times  
Complete 2 Sets  
Perform 3 Time(s) a Week