

Simple Core Exercises You Can Do at Home

Total Time: 15-20 Minutes

Engaging in core strengthening exercises at least two to three times a week is recommended for maximum benefit.

In addition to core stretching exercises, 150 minutes or more a week of sustained cardiovascular exercise (e.g., walking, biking, elliptical, rower, jogging) is highly recommended for core strength and overall health and wellness.

Bridge



Starting Position: Lie flat on your back on the floor with your knees bent and feet flat on the ground, about hip-width apart. Your arms should be resting at your sides, palms facing down.

Movement: Lift your hips up off the floor and squeeze your buttocks and abdominal muscles. Hold 10 seconds. Repeat 10 times.

Bird Dog



Starting Position: Begin on your hands and knees, with your hands directly under your shoulders and your knees under your hips.

Movement: Slowly extend your right arm in front of you and your left leg behind you, keeping your body in a straight line. Hold position 10 seconds. Return to the starting position and repeat with the opposite arm and leg. Repeat five times on each side.

Plank



Starting Position: Start by lying face down on the floor. Bend your elbows to form a 90-degree angle and place your forearms on the ground. Push up onto your toes so your body forms a straight line from your head to your heels.

Movement: Hold your body in this straight position, keeping your core engaged. Maintain the position as long as you can, aiming to build up to one minute. Repeat the exercise three times, resting in between.

Side Plank



Starting Position: Lie on your side with your elbow directly below your shoulder, and your legs stacked on top of each other. Your feet should be together, with your body in a straight line from head to heels.

Movement: Engage your core and lift your hips off the floor, keeping your body in a straight line from your head to your feet. Hold this position, keeping your core engaged and your body aligned. Hold as long as you can, working up to 30 seconds or more. Repeat three times on each side.

Alternating Superman



Starting Position: Lie face down on the floor with your arms extended in front of you and your legs straight.

Movement: Lift your right arm and left leg off the ground simultaneously. Hold the position for 10 seconds, squeezing your glutes and lower back. Repeat the same movement with the left arm and right leg. Complete five repetitions on each side.

Dead Bug



Starting Position: Lie on your back with your arms pointing to the ceiling and your knees bent at a 90-degree angle, so your shins are parallel to the floor

Movement: Lower your right arm toward the floor behind you, while simultaneously extending your left leg out straight. Maintain a neutral spine keeping your lower back pressed against the floor. Return to the starting position and repeat on the opposite side, lowering your left arm and extending your right leg. Repeat 10 times on each side.

NOTE: Before starting any exercise program, you should assess your current level of fitness and consult with your health care team. It is important to keep your spine in a neutral position while completing the exercises. Remember to keep breathing while performing the exercises. These exercises should not cause pain.