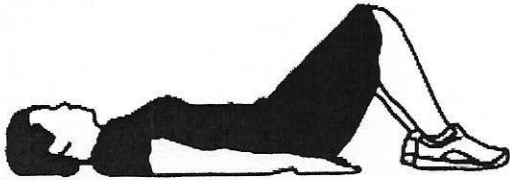
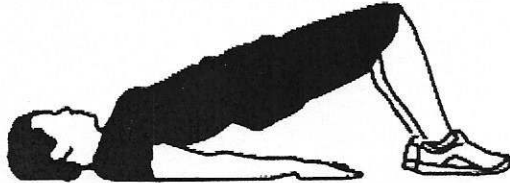


Core Level I

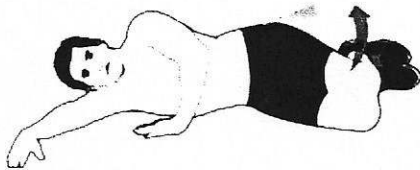


Bracing: Tighten abdominal and buttocks muscles without any movement of the spine or hips.

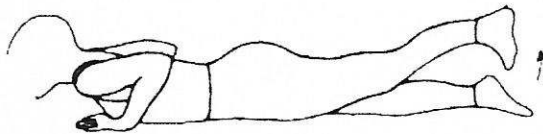


Bracing and Bridging: Brace first! Slowly raise

buttocks from floor, keeping stomach tight and spine straight. Hold! Slowly return to ready position. Returning to ready position should take NO LESS than 4 seconds ____ Sets ____ Reps ____ Hold



Clam Shells: Lay on your side, hips stacked, knees bent and feet together. Bring your top leg up. Hold for 2 seconds and slowly return to ready position. Returning to ready position should take NO LESS than 4 seconds. ____ Sets ____ Reps ____ Hold



Prone hip extension

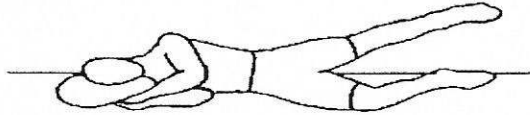
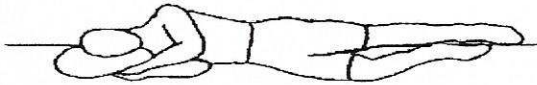
Prone Hip Extensions with Glute Iso:

Engaged buttocks muscles, keep knee locked and lift leg 8-10 inches from the ground. Hold. Slowly release.

____ Sets ____ Reps ____ Hold

Core Level II

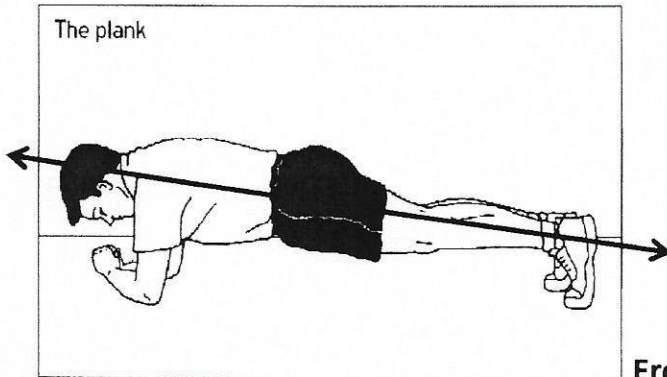
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Side Lying Gluteus Medius:

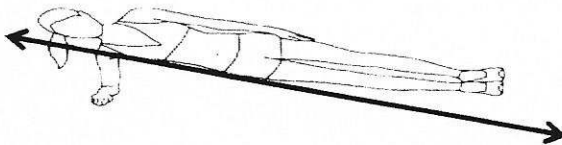
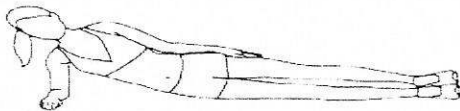
Lay on your side. Bend your bottom leg to roughly 70 degrees. Extend your top leg slightly back and rotate your hip so that your and foot is facing down. Keeping your hip internally rotated, slowly elevate the top leg. Hold. Lower the leg down to the ready position. Returning to ready position should take NO LESS than 4 seconds. ____ Sets ____ Reps ____ Hold

The plank



Front Plank:

Lay flat on your belly. Brace! Keep your arms underneath your shoulders and raise your body off the ground. Keep your toes pointed down, using your forearms and toes as your base. Your body should be in a straight line. ____ Sets ____ Reps ____ Hold

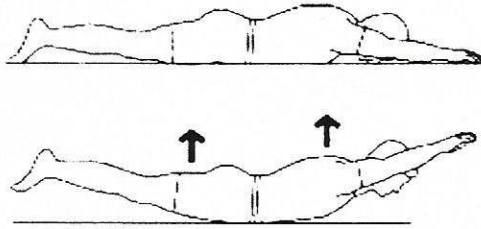


Side Plank:

Lay on your side. Keep your bottom arm underneath your shoulder. Your legs should be straight out and you should lift your hips off the ground. Hold and breathe. Your bottom forearm and bottom foot should be your base. ____ Sets ____ Reps ____ Hold

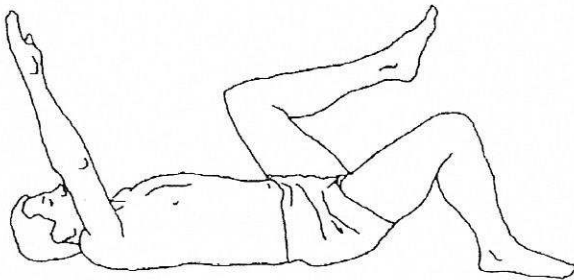
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Superman: Lay flat on your belly. Brace!

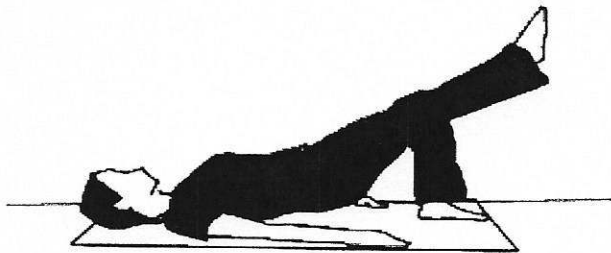
Simultaneously lift your arms and legs at the same time while keeping them fully extended. Hold. Your knees and elbows should be off the ground. Slowly come down to ready position. Returning to ready position should take NO LESS than 4 seconds. ____Sets ____Reps ____Hold



Dead Bug: Lay flat on your back, lifting

one opposite leg and arm off the ground. Brace! Simultaneously alternate your arms and legs in a short motion while keeping your leg bent at roughly 90 degrees.

____Sets ____Reps ____Hold

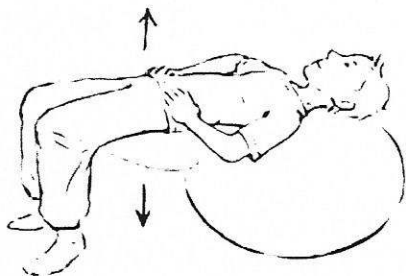


Single Leg Bridge: Lay flat on your back.

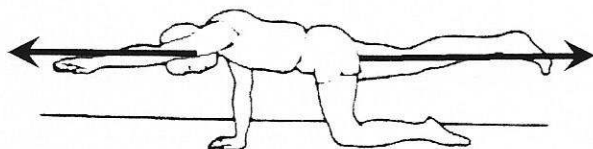
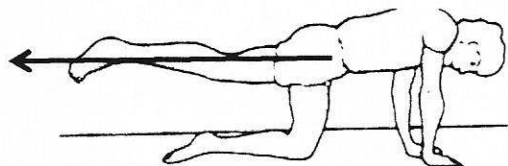
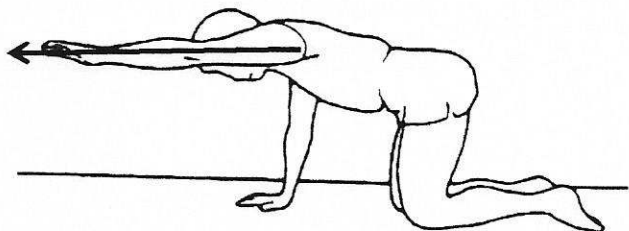
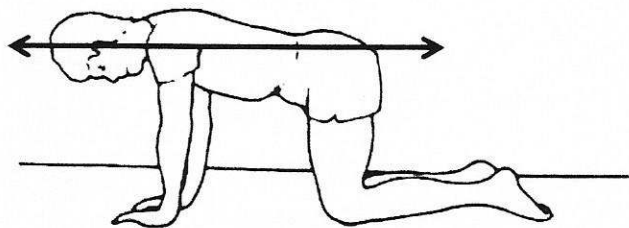
Bend one knee while lifting and fully extending the other. Brace! Slowly lift your hips off the ground. Hold. Return to ready to position. Returning to ready position should take NO LESS than 4 seconds. ____Sets ____Reps ____Hold

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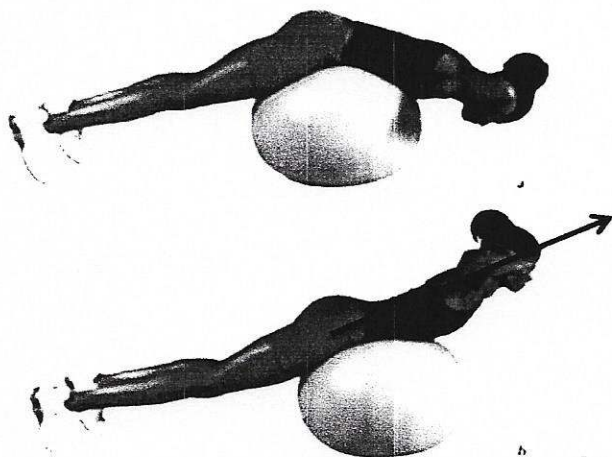
Stability Ball Table Top: Keep your feet flat on the ground and your neck and back supported by the ball. Brace! Slowly raise your hips off the ground. Hold. Try not to move the stability ball. Return to ready position. Returning to ready position should take NO LESS than 4 seconds. ____ Sets ____ Reps ____ Hold



Quadruped: Get on all 4's with your palms, knees and feet as your base. Brace! Using 1 arm OR leg at a time, slowly extend the arm OR leg fully out until it is completely straight. Progress to extending your opposite arm and leg at the same time being sure to keep the spine and neck quiet. Hold at the top. Return to ready position and repeat. ____ Sets ____ Reps ____ Hold

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Stability Ball Hyperextensions: Lay on the stability ball so that your hips and core are over the ball while keeping your toes on the ground. Slowly bring your back to the ceiling until your body is in a straight line. Hold. Return to ready position. Returning to ready position should take NO LESS than 4 seconds.

____ Sets ____ Reps ____ Hold