Achieving Wellness Centers

Core

~Let Hope Be Your Guide to Health

It is really bad for a person to do any type of core exercise that involves bending at the waist and twisting. It is best to keep the spine straight while strengthening the abs so that you don't put too much pressure on the disc spaces.

Front Bridge

Lay on back with knees bent. Squeeze gluts and slowly raise pelvis up. Better if done with a band around knees to facilitate the gluteus maximus and medius. Progress without band by raising one leg in the air while maintaining bridge.

Side Bridge

Begin side-lying propped up on forearm. Hips and knees are bent slightly. Square pelvis so spine is not sagging towards the floor. Perform abdominal brace. Then raise hips up and forward until your knees, hips, and shoulders are aligned. Progress to side-bridge on ankles with body in plank position. Should feel oblique abdominal effort without much shoulder discomfort.

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