

Caruso Chiropractic Core exercises

1. Planks- (core abdominal) Hold body with spine strait.
-When you start to arch your spine, stop (15-30 sec, repeat)



2. Bird Dogs- (extensor muscles) On all fours or on a ball.
-Opposite arm and leg raise for 5 sec at a time (right arm, left leg)



3. Curl Ups- (rectus abdominus) Done without holding feet.
-Hold for 2 sec at top, perform till you gas out



4. Short arc extensions- (Lumbar extensors) Face down, lift both legs straight up and hold. (5 sec, relax, repeat 10-12 times)



5. Squats- (glutes and quads) with or w/o a ball. (10-12 reps, 3 times)



6. Lunges- (glutes and quads) with or w/o a ball. (10-12 reps, 3 times)



7. Bridges- (core muscles) Feet on ball or w/o ball, lift off ground and hold for 5 sec. (Relax, repeat 10-12 reps, 3 times)

