



EVERY DAY IF POSSIBLE

CORE WORK (MEN)	
<p><b>PELVIC FLOOR</b></p> <p>Lie on back, inhale to prepare, exhale slowly &amp; engage your pelvic floor (imagine you are drawing your balls up inside you!) feel your lower belly draw in towards your lower spine, keeping your back in a neutral position. Keep the belly button drawn in and breathe normally. (Practise this every day –5X'S)</p> <p>Do this standing and sitting</p>	
<p><b>Progression:</b></p> <p>Knee raises. Keeping TVA (Transverse Abdominal – lower tummy drawn inwards) and PF activated raise alternate legs. Focusing on engagement of TVA (lower tummy pulled in)</p> <p>No belly bulging or lower back arching.</p> <p>5x's each leg</p>	
<p><b>Slide the leg away</b></p> <p>As you exhale engage your PF and feel your lower tummy contract. Slowly as you exhale slide one leg away from you. Inhale and bring it back to stat position. Swap legs.</p> <p>5x's each leg</p>	
<p><b>Frog legs</b></p> <p>Lie on your back with your feet and knees together. Engage PF and feel your lower tummy engage, slowly lower your knees towards the floor making sure you keep your PF engaged throughout.</p> <p>Repeat 5x's</p>	
<p><b>Pelvic Tilt (posterior) – every day</b></p> <p>Lying on your back, imagine there is a balloon underneath your lower back, and you are trying to pop it. Breathe in and as you exhale flatten your back against the floor. 10x's.</p> <p>No rib movement. Only coming from your pelvis.</p>	





<p>Spine Curl (every day at least once)</p> <p>Engage your core, (pull belly button in towards lower back), flatten your back against the ground then slowly roll up until your body is in a straight line. Hold for 5 seconds. Roll down, slowly feeling each vertebra hit the floor. Not jerky. Repeat 2 – 4 x's.</p>	
<p>Hip Twist – every day x4</p> <p>Lie on your back, engage your core. Feet and knees together. Slowly let your knees fall to one side and your head fall the opposite side. Keep your shoulder blades on the floor. With your belly button pulled in (TVA engaged) pull your knees back to the centre and turn head to the other side. Repeat 4x's</p>	

Theses exercises as important to do if you have lifted or carried something on one side.				
<p>QL Wall Glides.</p>	<p>Wall Glides</p> <p>Stand next to a wall with your elbow tucked into your side. With your shoulders square and ribs touching arm, slowly let your hips drop over towards the wall.</p>	<p>Perform at least once per day. 8 reps x 2.</p>		
<p>QL Lateral Glides</p>	<p>Sit on chair, arms out 90 degrees. Shoulders and arms parallel to the floor. Glide upper torso from one side to another.</p> <p>Don't let hips come off chair.</p>	<p>Perform at least once per day. 8 reps x2.</p>		

**When you wake up in the morning.**


- Pelvic tilt
- Hip twist– keep TVA activated throughout.
- Activate PF & TVA





REMEMBER:

- Before you left anything heavy engage your pelvic floor and feel your lower tummy draw inwards.
- When you are standing or sitting practise engaging your PF.
- Stand on one leg and practise engaging your PF.

Shoulder Mobilization		
Shoulder roll	Roll your shoulders backwards. Add in extended arms too.  10 x's	
Mid trap activation	Elbows at right angles, level with shoulders. Squeeze scapula (shoulder blades together) hold for 5 seconds & repeat 3 xs	