



Little Fishes Swimming School



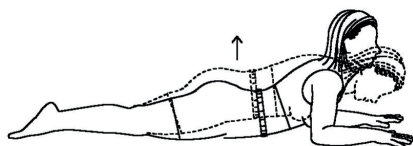
Core exercises

in partnership with



YOLANDÉ VAN VUUREN
Biokineticists

AROM abdominal bracing prone elbows/knees

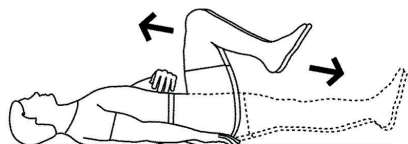


- Lie face down, upper body supported on elbows with forearms on floor as shown.
- Tighten up abdominal muscles and lift hips up until trunk is straight, keeping knees on floor.
- Hold position, lower and repeat.

Perform 3 sets of 20 repetitions, once a day.

Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.

AROM abdominal/lumbar training supine knee raises



- Lie on back.
- Tighten abdominal muscles, visualize trying to push belly button up under ribs.
- Use your hand to help push belly button up under ribs if needed.
- While maintaining abdominal tension, lift both legs up to 90 degrees, with knees bent.
- Straighten both legs, but keep them up and off the floor.
- Return legs to the bent position and repeat.

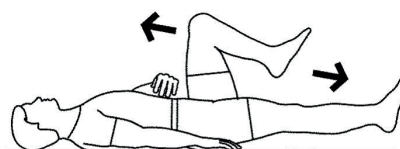
Special Instructions:

Maintain a proper lumbar position throughout the exercise. Do not hold breath.

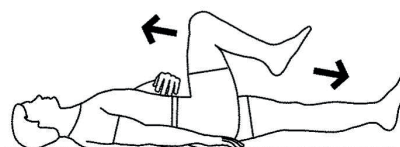
Perform 3 sets of 20 repetitions, once a day.

Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.

AROM abdominal/lumbar training supine alt knee raise



- Lie on back.
- Tighten abdominal muscles, visualize trying to push belly button up under ribs.



- Use your hand to help push belly button up under ribs if needed.
- While maintaining abdominal tension, lift both legs up to 90 degrees, with knees bent.

- Straighten one leg, keeping leg up off the floor while keeping other leg bent.
- Return this leg to the bent position and repeat with other leg.
- Repeat this sequence.

Special Instructions:

Maintain a proper lumbar position throughout the exercise. Do not hold breath.

Perform 3 sets of 20 repetitions, once a day.

Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.

AROM hip ext uni bridge supine w/knee to chest/overhead arms



- Lie on back with knees bent, arms over head, palms upward.
- Bring one knee to center of chest.
- Lift buttocks off floor, keeping knee to chest.
- Lower and repeat with other leg.

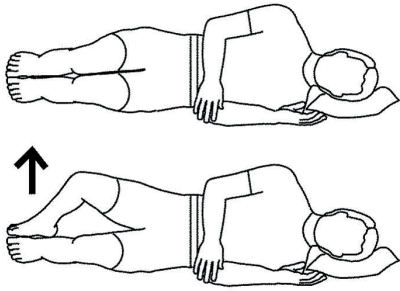


Perform 3 sets of 20 repetitions, once a day.

Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.



AROM hip ER/abd sidelying

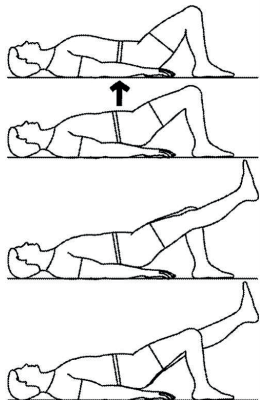


- Lie on right side with knees bent, feet together.
- Lift left knee upward.
- Lower and repeat.
- Repeat exercise lying on left side.

Perform 3 sets of 20 repetitions, once a day.

Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.

AROM lumbar bridging w/alt leg

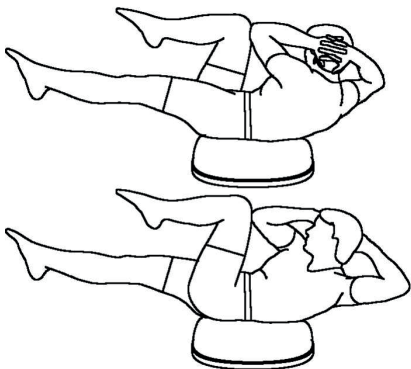


- Lie on back with knees bent.
- Lift buttocks off floor.
- Extend one leg and return leg to floor.
- Extend other leg and return leg to floor.
- Lower buttocks.
- Repeat.

Special Instructions:
Maintain neutral spine.
Perform 3 sets of 20 repetitions, once a day.

Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.

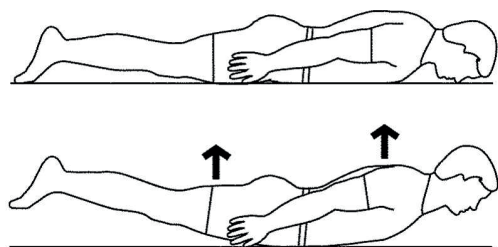
AROM lumbar flex crunch twist w/BOSU



- Lie on BOSU on back with knees bent, and hands clasped behind neck.
- Tighten abdominals and lift legs.
- Raise left shoulder up and raise right knee up, twist until they touch.
- Lower and repeat with right shoulder and left knee.

Perform 3 sets of 20 repetitions, once a day.

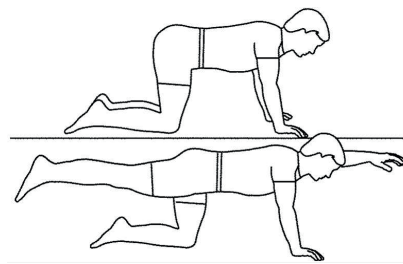
Use BOSU.
Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.



- Lie face down with arms at side.
- Arch upward, raising shoulders and thighs off floor.
- Return to start and repeat.

Special Instructions:
Progress by holding for 2-3 seconds.

AROM lumbar alt leg/arm (bird dog)

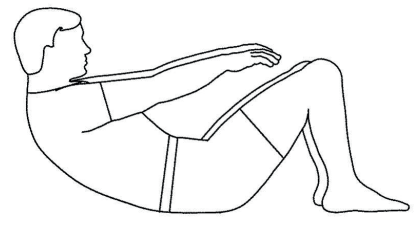


- Begin on hands and knees.
- Extend the right leg while lifting the left arm.
- Hold 2-3 seconds.
- Return to start position and repeat with left leg and right arm.

Special Instructions:
Maintain neutral spine, do not twist.
Progress by placing weights on ankles and wrists.
Perform 3 sets of 20 repetitions, once a day.

Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.

AROM lumbar flex (crunches) supine arms straight

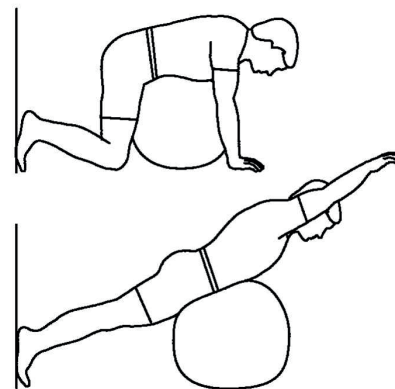


- Lie on back with knees bent, arms at side.
- Begin with head and slowly curl up lifting shoulders off floor, reaching to knees with arms straight.
- Keep low back in contact with floor.
- Slowly return to start position and repeat.

Perform 3 sets of 20 repetitions, once a day.

Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.

AROM lumbar ext (superman) w/ball



- Lie on ball, face down with knees bent and toes against wall.
- Straighten back while straightening legs and bringing arms out over head.
- Lower and repeat.

Special Instructions:
Keep back straight and do not arch back or raise head.

Perform 3 sets of 20 repetitions, once a day.

Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.

AROM lumbar ext prone mid level

Perform 3 sets of 20 repetitions, once a day.

Rest 1 minute between sets.
Perform 1 repetition every 4 seconds.