

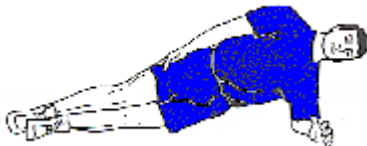
## Static Floor Exercises

### The plank



Hold a straight body position, supported on elbows and toes. Brace the abdominals and set the low back in the neutral position. Hold this position for an increasing length of time up to a maximum of one minute. Perform two to three sets.

### Side Plank

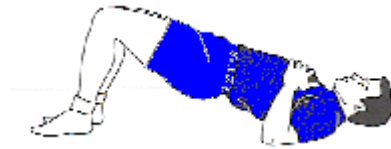


Lie on one side, ensuring the top hip is above the bottom hip. Push up until there is a straight bodyline through feet, hips and head. Keep the elbow under the shoulder. Lower under control and repeat on opposite side. Hold this position for an increasing length of time up to a maximum of one minute. Perform two to three sets.

### The Gluteal bridge

Lie on the floor with your knees bent. Squeeze your gluteals and then push your hips up until there is a straight line through knee and hip to upper body.

Shoulders remain on the floor. Beware of rising too high or of flaring the ribs, which pushes the back into hyperextension. Hold this position for an increasing length of time up to a maximum of one minute. Perform two to three sets.



### Bird dog or Superman

Start with hands below shoulders and knees below hips. Set your low back into neutral and brace your abdominals slightly. Slowly slide back one leg and slide forward the opposite arm. Ensure that the back does not slip into extension, and that the shoulders and pelvis do not tilt sideways. Hold for up to 30 seconds. Slowly bring your leg and arm back and swap sides. Perform 5 to 10 sets.





## Dynamic Floor Exercises

### Straight leg raise

Lie on your back with knees bent. Set your lumbar spine in neutral and brace the abdominals. Lift one leg up straight in the air and ensure your back does not move. Lift the other leg up keeping your back in place. Keeping one leg in the air, slowly lower the other down to the floor. Only go as far as you can until you feel the lumbar spine start to move. Placing your fingers under your back will help you to gauge when this happens. Keep bracing the abdominals and then lift the leg slowly back up. Repeat with the other leg. Perform 2 to 3 sets of 10 repetitions, alternating legs

### Side lying hip abduction

Lie on your side and set pelvis so your top hip is stacked above lower hip. Roll shoulders forward a little and brace the abdominals to control pelvic position. Lift the top leg slowly up and down, without hitching at the hip. Perform 2 to 3 sets of 20 to 30 repetitions on each side in turn



### Lying windscreen wipers

Lie on your back with arms out to the sides. Lift legs straight up in the air until the hip is at 90 degrees. Set the lumbar spine in neutral and aim to keep it set throughout. Keeping legs straight and maintaining hip angle, move the legs to one side, controlling any movement in the trunk. Go as far as you can in control, keeping your upper back and shoulders on the floor. Bring the legs to a halt, pull them back up to the start position and then over to the other side, under control. The slow side-to-side movement is like a 'windscreen wiper' arc. Perform 2 to 3 sets of 10 repetitions