

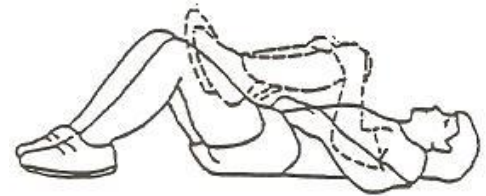


# 10 Core Training Exercises

## That Everyone Needs to Know

Rofami Inc.  
P.O. Box 530  
Saddle River, NJ 07458  
[www.rofami.com](http://www.rofami.com)  
201-566-2065

**Both Knees to Chest:** Lie on your back. Pull both knees toward your chest using both hands. Stretch slowly, relax and repeat. (1-2 sets of 10-15 repetitions)



**Straight Leg Raise (Alternate):** Lie on your back. With your left knee bent and foot flat on the floor, begin with a pelvic tilt, and lift your right leg off the floor slowly; as high as you can, but still with comfort. Hold for three seconds. Slowly return the right leg back to the starting position. Relax. Repeat with the opposite leg. (1-2 sets of 10-15 repetitions with each leg)



**Pelvic Tilt:** Lie on your back. Tighten your buttocks and abdominal muscles, flattening your low back against the floor. Hold, relax and repeat (1-2 sets of 10-15 repetitions)



**Bridges:** Lie on your back. With knees bent, feet flat on the floor, and arms at your sides, tighten your abdominal and buttocks muscles as you lift your buttocks off the floor. Hold for three seconds, relax and return to the starting position. (1-2 sets of 10-15 repetitions)



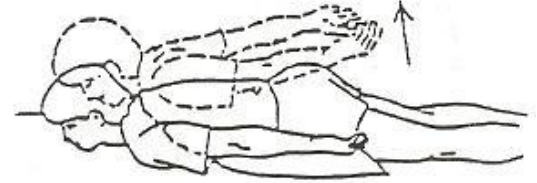
**Low Trunk Rotation:** Lie on your back with feet and knees together with your knees bent. Place your hands behind your neck keeping your shoulders flat on the floor. Roll your knees to the left as far as comfortable and then roll your knees to the right side as far as comfortable. (1-2 sets of 10-15 repetitions)



**Swimmer Kicks:** Lie flat on your stomach. Keeping your knees straight and arms outstretched lift and lower your legs as in swimming, alternating right and left. (1-2 sets of 10-15 repetitions per leg)



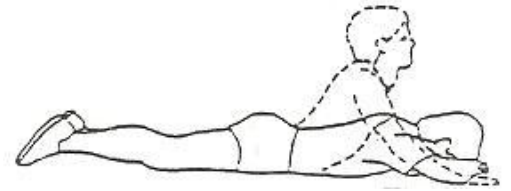
**Bird Wings (Scapular Pinch):** Lie flat on your stomach. With your arms at your sides, pinch your elbows and shoulder blades toward each other while raising your arms slowly upward. Hold for three seconds, relax and repeat. (1-2 sets of 10-15 repetitions)



**Superman:** Lie flat on your stomach with your arms extended over your head and close to your ears. Keep your elbows straight and lift your arms from the floor while keeping your head down. Relax and repeat. (1-2 sets of 10-15 repetitions with each arm)



**Prone Up on Hands (Press Ups):** Lie flat on your stomach. Prop your upper body up on your hands; keep your lower body relaxed and your hips on the floor. Hold for three seconds, relax and repeat. (1-2 sets of 10-15 repetitions)



**Seated Side Bends:** Sit up straight in a chair with your feet flat on the floor. Arms at your sides. Bend at the waist to the right then to the left. Repeat. (1-2 sets of 10-15 repetitions to each side)

