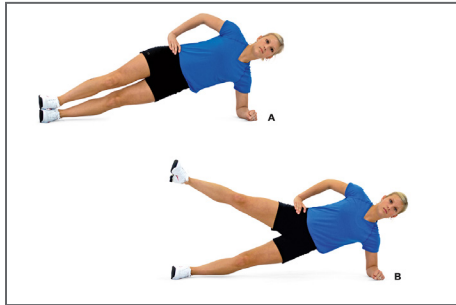


DEEP CORE

The deep core muscles include the multifidus muscles of the back, the transverse abdominis or “weight belt”, and pelvic floor. Strengthening these muscles can help with body stability and keeping correct form while lifting.

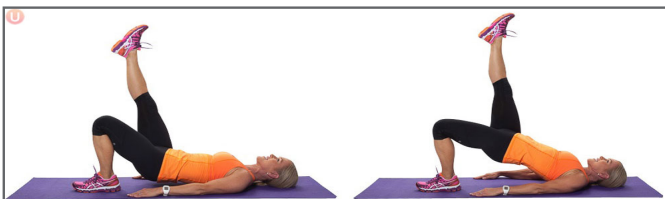
Try these exercises:



Side Plank Leg Lift | From side plank position, feet stacked and body straight with elbow directly under shoulder, lift top leg.



Dead Bug Alternating Raise | Keeping lower back flat on the floor, start with arms and legs overhead and extend opposite arm and leg out parallel with floor.



Single Leg Hip Bridge | Start lying on the floor with knees bent and heels close to body, use glute and hamstring muscles to lift the hips while keeping one leg straight or elevated. blades together.



Quarter Turkish Get Up | Start lying flat on the floor with one hand and optional weight pointed upward, bend knee on same side and push weight toward ceiling, keeping other arm on the floor.



Deep Squat Hold | Keeping heels on the floor, drop body past standard squat position toward floor and hold.

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