



IT ISN'T A BORE, TO WORK YOUR CORE!

PHYSIOTHERAPY DEPARTMENT
MONAGHAN/CAVAN CHILD DEVELOPMENT
TEAM

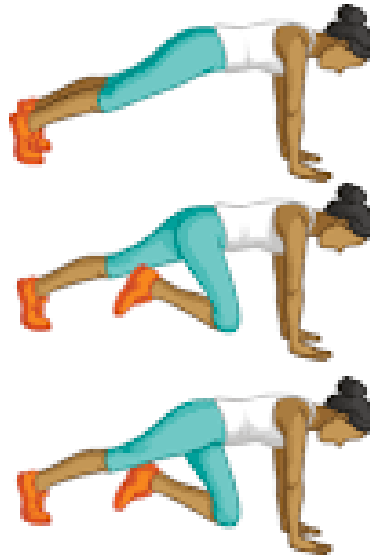


➤ **10 minute core workout**



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

1. MOUNTAIN CLIMBERS



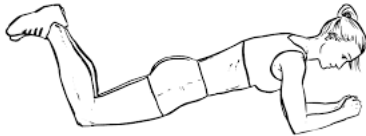
- ❖ Get on the floor on your tummy
- ❖ Put your hands flat on the floor under your shoulders
- ❖ Lift your tummy up off the floor to lift up on to your toes
- ❖ Bring your right knee up towards your right elbow as close as possible
- ❖ Return to starting position
- ❖ Then bring your left knee up towards your left elbow as close as possible
- ❖ Repeat this 10 times with each leg
- ❖ Complete 3 rounds

2. SIT UPS WITH BALL THROW



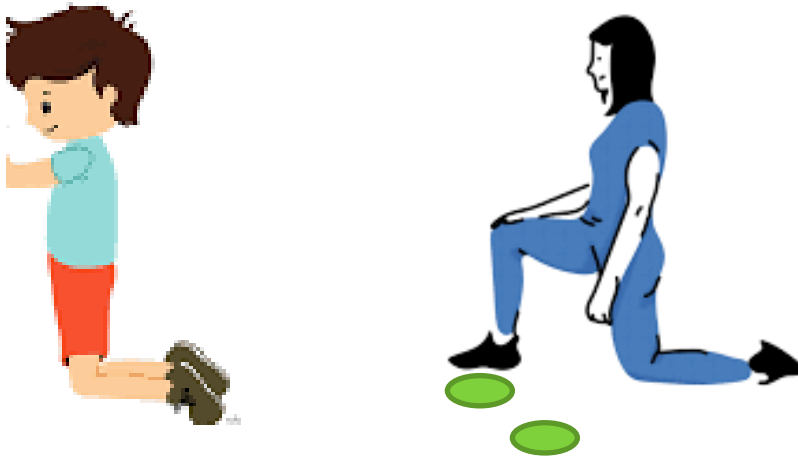
- ❖ Lie on your back on the floor with your feet one large step away from a wall
- ❖ Bend your knees so your feet are flat on the floor
- ❖ Use a ball you might have at home and hold it in both hands
- ❖ Keeping your feet flat on the floor, hold on to the ball, use your tummy muscles to come sit up and throw the ball against the wall
- ❖ Catch the ball after it bounces off the wall and return to lie down on your back slowly
- ❖ Repeat this 10 times
- ❖ Complete 3 rounds

3. PLANK



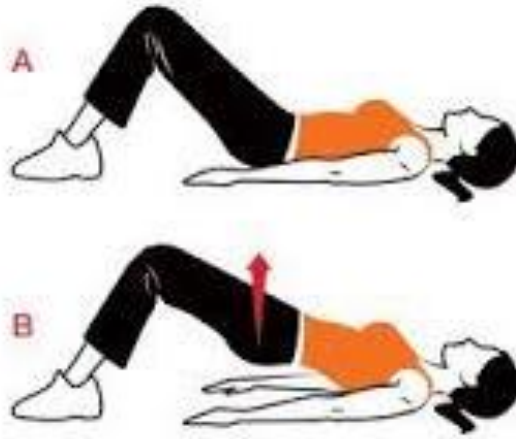
- ❖ Get on to the floor on your tummy
- ❖ Bend your elbows, so your forearms are resting on the floor with your elbows under your shoulders
- ❖ Option 1: Keep your knees on the ground, with your trunk, back and bottom in a straight line.
- ❖ Option 2 (more challenging): Put your toes on the ground, lifting your knees up, keep your trunk, back and bottom in a straight line
- ❖ Hold for 20 seconds
- ❖ Repeat 3 times

4. HALF KNEEL FOOT TAPS



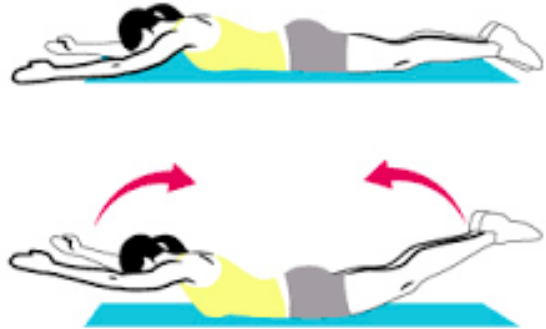
- ❖ Kneel up high on both knees
- ❖ Put 2 targets on the floor in front
- ❖ Touch your right foot to the target / floor in front
- ❖ Then return to the high kneeling position
- ❖ Touch your left foot to the target / floor in front
- ❖ Return to the high kneeling position
- ❖ Continue this as fast as you are able while keeping your balance in high kneeling
- ❖ Repeat 10 times with each leg
- ❖ Complete 3 rounds

5. GLUTE BRIDGES



- ❖ Lie on the floor on your back
- ❖ Bend your knees so that both your feet are flat on the floor
- ❖ Keep your arms down at each side on the floor
- ❖ Squeeze the muscles in your bottom to lift your bottom up off the floor
- ❖ Hold for 5 seconds
- ❖ Complete 10 times
- ❖ Complete 3 rounds

6. SUPERMAN HOLD



- ❖ Get on to the floor on your tummy
- ❖ Put your arms above your head
- ❖ Lift your arms and legs up off the floor
- ❖ You should look like flying superman!!
- ❖ Hold for 20 seconds
- ❖ Repeat 3 times