

## **8-Minute Core Workout**

- *Perform each of the following exercises for 30 seconds;*
- *Take 10 seconds in between / to get ready for the next exercise.*

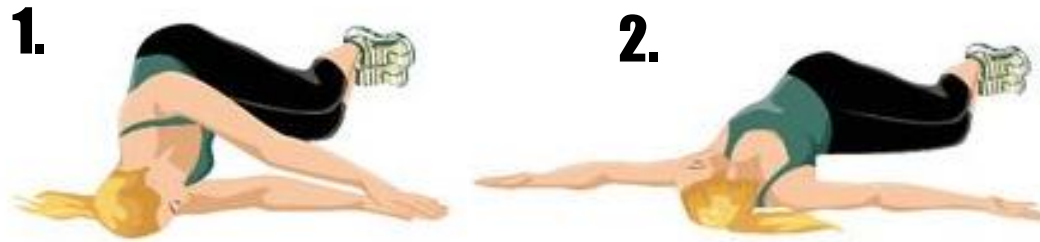
1. Laying Thoracic Rotation/ “Blooming Flower” (Right Hand Side followed by Left Hand Side)
2. Clam Shell (Right Hand Side followed by Left Hand Side)
3. Bird Dog/ Cross Crawl
4. Hurdler Walk
5. Hand Walkout (from kneeling)
6. Back Extension
7. Dead Bug
8. Side Plank (Right Hand Side followed by Left Hand Side)
9. Tight Kneeling Plank

- *Perform this circuit once, gauge your level of fatigue and repeat again if time and ability allow;*
- *For exercise descriptions go to [www.functionalfitness.ca/rocktober.html](http://www.functionalfitness.ca/rocktober.html)*

**Are You Ready?**



## Thoracic Rotation/ “Blooming Flowers” (with or without roller)



### Instructions:

- Lay on your right side with your left knee on the floor (or on a foam roller) and your arms extended in front of you [Pic 1];
- Make sure you are set with “good posture”, a tight core and with shoulders set;
- “Open up” your arms and rotate your torso (keeping the weight of your top leg on the ground/ roller) [Pic 2];
- Return to the starting position;
- Repeat for the suggested number of repetitions BEFORE changing sides.



### Modifications and Tips:

- Do not let your pelvis rotate with the rest of your body. ONLY rotate through the torso.

## Clam Shell



### Instructions:

- Lay on your side with the knees partially tucked into “fetal position”;
- Position your torso so that you are leaning forward slightly with your top arm supporting your weight;
- Keep the torso tight as you open and close the legs;
- Do not let the pelvis tilt backwards;
- Perform the suggested number of repetitions and then switch sides.

## Cross Crawl/ Bird Dog



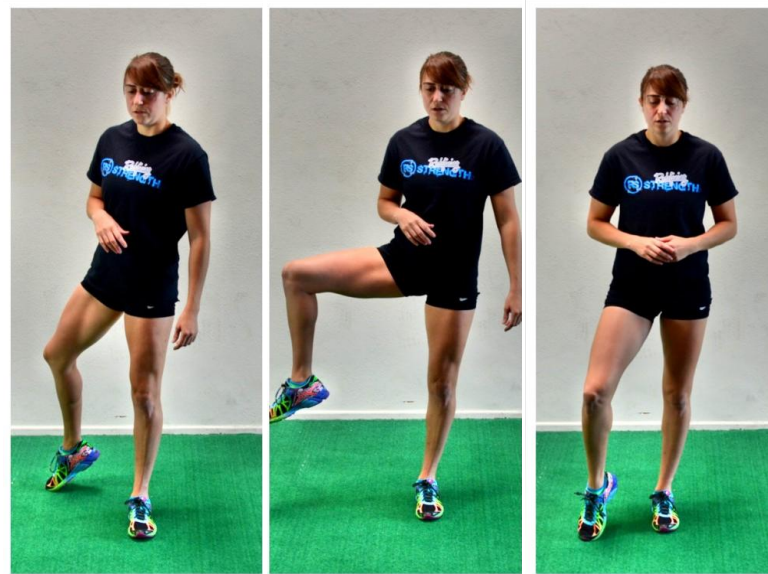
### Instructions:

- Start off in a four-point, kneeling position with hands and knees shoulder-width apart, palms on the floor and a “flat-back” position;
- Lift your right leg straight out behind you while simultaneously lifting your left arm straight out in front of you;
- Hold for the recommended interval, then drop your arm and leg;
- Repeat on the opposite side, alternating until you’ve performed the recommended number of repetitions.

### Modifications and Tips:

- Ensure that your back stays flat throughout this movement. Do not let it sag as you extend arms and legs.
- Focus on a tight core and balance as you move.

# Hurdler Walk



## Instructions:

- With each step rotate the leg out, lift the knee up and bring it around to the front (think of a standing hip circle as you walk).
- Perform this for the prescribed number of repetitions or distance.

## Modifications and Tips:

- Get the knees up high.
- Stay strong through the core as you add this rotational movement around the hip.

# Hand Walkouts



## Instructions:

- Start in a kneeling position, hands by the knees;
- Begin to walk the hands out and away from you;
- Walk out to the point that you feel the abdomen engage;
- Walk all the way back in – hands to knees.
- Repeat for the recommended number of repetitions.

## Modifications and Tips:

- Keep the abdominal muscles tight.
- Pay attention to your lower back – do not let it begin to sag.

## Back Extension



### Instructions:

- Lay on your stomach;
- Place your hands by your side;
- Slowly lift your shoulders and chest off the floor as high as possible and hold for a 2-count;
- Try not to lift your feet off the floor as you raise your shoulders;
- Control your shoulders back to the floor.

### Modifications and Tips:

- Protect your neck by trying not to move your head independently of your shoulders (don't look forward)

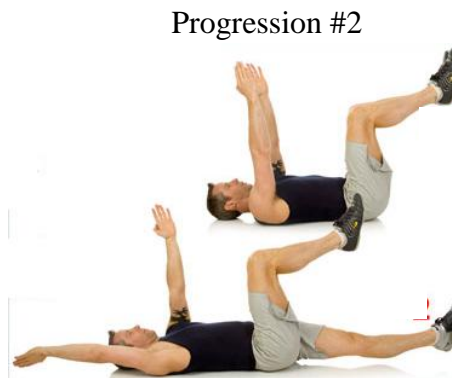
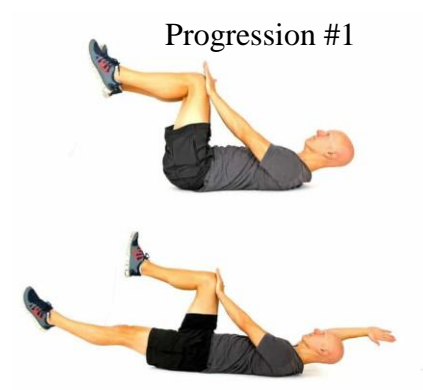
#### PROGRESSION

1. To make this exercise harder, keep your fingers on your temples rather than by your side.
2. Start to lift your legs as you lift your upper body.



**Are You Ready?**

## Dead Bug



### Instructions:

- Lay on your back, with legs and arms positioned as per your selected level of Progression;
- Lower OPPOSITE arm and leg towards the ground (this is a bit of a mind-twister);
- Return them to the starting position (and switch sides depending on your level of progression);
- Repeat the suggested number of rep's for both sides.

### Modifications and Tips:

- Don't let the lower back arch as you lower the limbs.

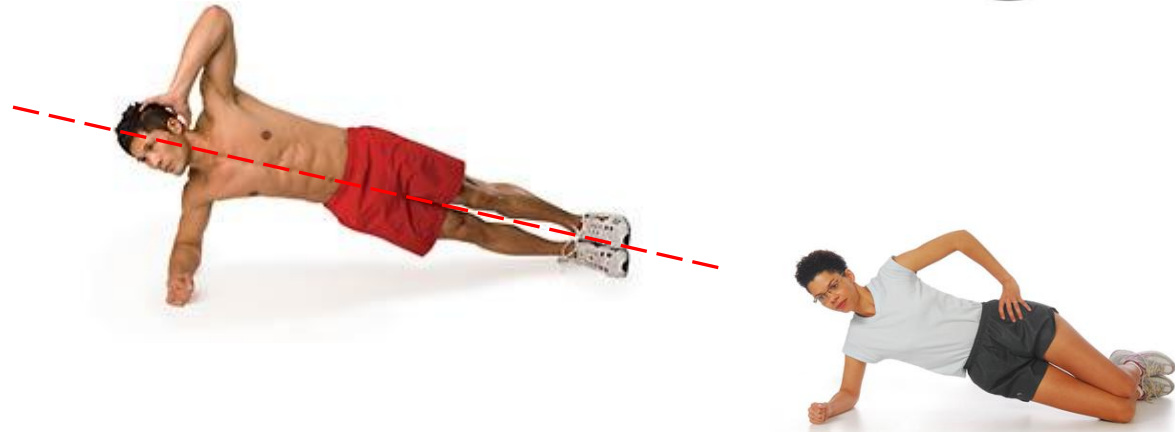
#### **PROGRESSIONS:**

1. Hold the leg in
2. Knees bent
3. Legs straight
4. Legs straight with abdominal activation
5. Abdominal engagement with yoga block/ ball





## Side Plank



### Instructions:

- Prop yourself up on your right forearm
- Lift your hips up high so your body forms a straight (but diagonal) line from the top of your head to your feet.
- Rest your left hand to the side of your head or on your hip
- Brace your abs
- Be sure your hips and knees stay off the floor
- Perform this exercise on both sides

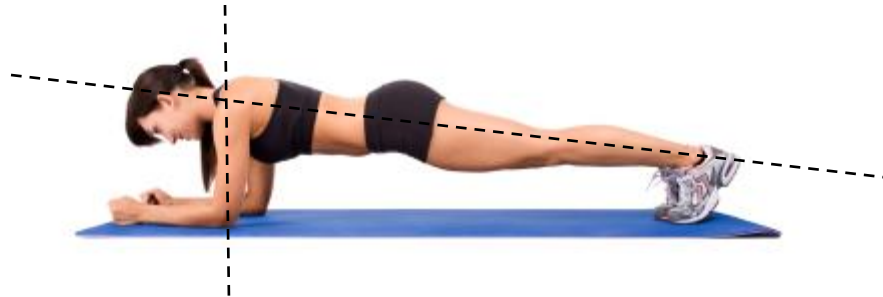
### Modifications and Tips:

- Make sure that you maintain perfect posture, i.e. head is up, looking straight ahead, chest is out, core is tight and glutes are squeezed.

#### **REGRESSION:**

- Perform the plank from the knees

## Front Plank (Toes)



### Instructions:

- Rest on your forearms ;
- Go up onto your toes and brace your stomach as tightly as possible (think about being punched in the stomach and bracing in anticipation);
- Ensure you have a plank-like straight line from head to toe and that your back is NOT sagging, nor is your butt up in the air

### Modifications and Tips:

- Make sure that your elbow joints are in line with your shoulder joints.
- Don't think about pushing yourself UP into the flat position. Think about sinking into your forearms and toes and preventing yourself from breaking the flat line through the midsection
- Think about squeezing your glutes, thighs and abs to maintain alignment through the torso.
- To make this exercise easier, perform this movement from the knees:

