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## Core Stability Exercises

Exercise	Purpose	Procedure	Diagram
Crunch	Develop strength in the anterior trunk region	<ul style="list-style-type: none"> <li>Lie Flat on the back with the knee bent and feet flat on the floor</li> <li>Hold hands behind the head or crossed on the chest</li> <li>Curl upper body, including the head and shoulders until the abdominals contract. Refrain from pulling the head forward with the hands. The shoulder blades should be off the ground by about 3 inches.</li> <li>Lower the body until the shoulder blades touch the ground. Repeat.</li> </ul>	
Reverse sit up	Work the rectus abdominis with little use of the hip flexors	<ul style="list-style-type: none"> <li>Lie on the back with the knees bent and feet on the floor</li> <li>Tilt the pelvis by pressing the back against the floor and tightening the abdominal muscles.</li> <li>Slowly bring the legs to the chest and then lower them to the ground, keeping the same degree of knee bend throughout the motion</li> </ul>	
Hip raise	Strengthen the rectus abdominis	<ul style="list-style-type: none"> <li>Lie on the back with the hips elevated, legs straight in the air and arms and hands out to the sides or under the lower back for stability.</li> <li>Raise hips off the ground and point toes toward the ceiling.</li> <li>With control, lower the hips to the ground and repeat.</li> </ul>	
30 degree leg raise	Strengthen lower portion of Rectus abdominis and improve vertebral stabilization	<ul style="list-style-type: none"> <li>Lie on the back with the hands under the small of the back and the legs full extended, toes pointed to the ceiling.</li> <li>Slowly lift both legs together to about 30 degrees.</li> <li>Then slowly lower the legs to just above ground level but do not touch the ground with the feet.</li> </ul>	
Sit ups with legs raised	Strengthen rectus abdominis and hip flexors	<ul style="list-style-type: none"> <li>Lie on the back with the legs raised to 90 degrees with hands behind the head or crossed over the chest.</li> <li>Curl the body up and attempt to touch the chest to the thighs, while refraining from pulling the head forward with the hands.</li> </ul>	
Superman	To prevent overuse injuries or chronic lower back pain by targeting the muscles along the spinal column	<ul style="list-style-type: none"> <li>Lie chest down on the floor with hands behind the head.</li> <li>Lift arms and legs simultaneously.</li> <li>Hold the position from 1 -5 seconds and release.</li> </ul>	
Russian Twist	To enhance trunk rotation by working the obliques	<ul style="list-style-type: none"> <li>Work in pairs or secure feet to the ground</li> <li>Bend the knees and lean back approx 45 degrees.</li> <li>Hold the arms straight out from the shoulders so that they are parallel with the thighs.</li> <li>Rotate to the side by turning the shoulders until the arms are 90 degree to the thighs.</li> <li>Make a full twist to the opposite side. This constitutes one rep.</li> </ul>	
Cross over crunch	To strengthen the internal and external obliques which are responsible for trunk rotation	<ul style="list-style-type: none"> <li>Lie on the back with one foot on the floor and the knee bent. The ankle of the other leg rests on the bent leg.</li> <li>Hold hands behind the head with elbows to the side.</li> <li>Curl upper body so the opposite elbow touches the elevated knee diagonally.</li> <li>Complete the same movements with the other side of the body.</li> </ul>	

Seated Trunk Cycle	Strengthen the entire abdomen and trunk	<ul style="list-style-type: none"> <li>• Balance on the buttocks with the feet six inches above the ground and the upper body leaning back at approx 45 degrees. Hold hands behind the head with elbows out to the side</li> <li>• Move legs in a cycling motion bringing knees to the chest and returning them to a straight position. Do not allow the legs to rest.</li> </ul>	
Side Raise	Strengthen the trunk and lower back muscles.	<ul style="list-style-type: none"> <li>• Lie on the side with a partner holding the feet or if no one is available place soles of the feet flat against a wall.</li> <li>• Lift the torso off the ground, holding for 2 seconds and then lower back to the ground.</li> </ul>	
Hip Rotation	To strengthen the rectus abdominis	<ul style="list-style-type: none"> <li>• Lie on the back with the hips flexed and the knees flexed, and the arms and hands out to the side for stability.</li> <li>• Rotate the hips and trunk to one side until they touch the ground.</li> <li>• Keeping the knees together, rotate them all the way to they touch the other side. Touching both sides equals one repetition.</li> </ul>	

*Reference: E.Paul Roetert, Complete conditioning for tennis, 1998*