

# Core Strengthening Exercises Part 2

## Hip abductor (gluteus medius)

- Turn the foot slightly toward the ceiling. Lift the leg, then lower slowly.
- Perform 30 repetition, 3 sets, 3-5 times per week.



## Side-plank exercises (hip abductor [gluteus medius])

- Start by laying on your side. Bridge to lift the hip from the floor.
- This is a more advanced hip abductor exercise.
- Hold each repetition 8-10 seconds.
- Perform 8-10 repetitions, 3 sets, 3-5 times per week.



## Prone Plank Exercises

- Start by laying face down. Bridge onto both elbows and tip-toes, to lift the chest, hips, and knees from the floor.
- Hold each repetition 8-10 seconds.
- Perform 8-10 repetitions per set, 3 sets, 3-5 times per week.
- Try a more advanced version of this by lifting one foot into the air during each repetition.



## Hip shift (hip adductor [isometric])

- Shift (or pull) the hip back.
- Hold that position for 30 seconds.
- Repeat 3-4 times.



*If you have any problems or questions,  
please call your doctor's office (8am-5pm).*

*Answering service for after hours.*

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## Hip extensor (gluteus maximus)

- Start on your back with shoulders supported several inches off the ground, knees bent, and feet flat on the floor.
- Lift one leg. Bridge on the other leg to lift the buttocks from the floor.
- Hold 8-10 seconds.
- Perform 8-10 repetitions, 3 sets, 3-5 times per week.



## Eccentric quadriceps strengthening

- Keep back straight. Step down sideways, touching the heel to the floor. Go back to the step.
- Perform exercises for 30-45 seconds, 3 sets, 3-5 times per week.



## Standing core strengthening

- Standing upright with shoulders back and head up, tighten core muscles.
- Perform this exercise repeatedly over the course of the day, holding the posture or 30 seconds or more.



## Hands and knees core strengthening

- On hands and knees, with hands under shoulder and knees under hips, tighten core muscles.
- Perform this exercise repeatedly over the course of the day, holding the posture or 30 seconds or more.



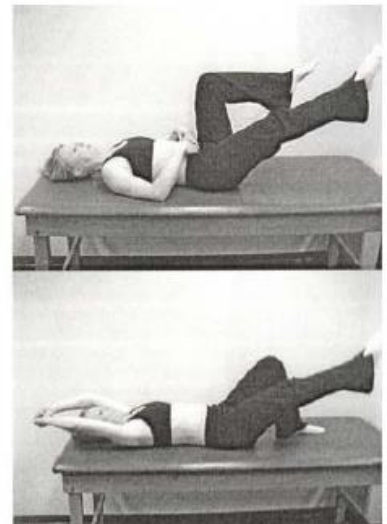
## Sitting core strengthening

- Sitting upright on a chair with hands clasped loosely behind the back, tighten core muscles.
- Perform this exercise repeatedly over the course of the day, holding the posture or 30 seconds or more.



## Dead bug

- Lay on back with legs in the air, thighs perpendicular to the ground and lower legs parallel to the ground.
- Repeatedly raise arms overhead toward the ground while moving one leg at a time to be straight and parallel to the ground.
- The key to the exercise is to keep the small of the back flat in contact with the floor.
- Do for 30 seconds or more for 3 sets.



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Adapted from “Core Strengthening Exercises” by Rob Johnson 2007 and “Advanced Core” by Tom Howard 2008.