

OFF-THE-FLOOR TRAINING FOR THE CORE



Pilates Roll Down and Warm-up: Stand with your feet shoulder-width apart. Imagine you are standing with your back against a wall. Starting at the top of the head, begin to roll down and away from the wall, one vertebra at a time, until you are in a forward-fold position. Take a deep breath in and, as you slowly exhale, contract the abdominals to roll up and begin stacking your vertebrae back to a standing position.



Downward Dog Mountain Climber: Start in a downward-facing dog position. Move forward into a plank position and pull your right knee toward your chest, engaging your core. Press back to downward-facing dog position and place the right foot back on the floor. Repeat with the left side. Perform 8-12 repetitions on each side.



Elevated Side Plank: Start in a side-plank position with your forearm on the floor and your feet elevated onto a BOSU or a step. Keep the elbow aligned beneath your shoulder and your shoulder away from your ears. Stack your hips north to south and engage your core. Lower and lift your hips carefully while keeping your body aligned to the side of the room. Do 8-12 repetitions and switch sides.



BOSU Side Hop: Hold the handles of the BOSU with the dome side down. Begin in a plank position with legs together. Jump both feet toward the left side of the BOSU and then jump back to plank. Repeat on the right side; continue to alternate for 8-12 repetitions.



Pass the Bell: Begin in boat pose (V position), with knees bent, feet off the floor and the core engaged. Hold a light dumbbell in one hand and open the arms out to the sides. Lift the weight overhead and transfer to the other hand, opening the arms back out to the sides. Continue to pass the dumbbell back and forth while maintaining core stability. Repeat 8-12 times on each side.



Dumbbell Lunge and Lift: Start in a split lunge position holding a dumbbell in the left hand (right leg is back). Lower down into a lunge and then come all the way up to a balancing position by standing on the left leg and lifting the right knee up to waist level. Simultaneously lift the weight up overhead. Return to the starting position and do 8-12 repetitions. Hold the dumbbell in the right hand and repeat with the left leg.



Stability Ball Roll-out: Begin by kneeling about 12-16 inches behind the ball with the hands positioned in prayer position on the ball and the torso long with a neutral pelvis. Using the strength of the lats, shoulders and core, roll the ball out to a knee plank. Slowly return to the starting position. Try to keep your hip flexors from bending and providing assistance. Do 8-12 repetitions.



Stability Ball Roll-in: Start in plank position with the hands on the floor, shoulders over the wrists, and the shins on top of the stability ball. Contract your abdominals and draw the knees in toward the chest. Hold and then roll the ball back to the starting position. Keep the core engaged throughout the exercise to protect your back. Do 8-12 repetitions. 