NORSE PERSONAL TRAINING

NORSE FOUNDATION

Core Strengthening 1

This is a core strengthening program to be used alongside professional advice. If any exercise causes more pain than 4 out of 10 on the pain scale then stop exercising.

List of Exercises - twice through each exercise - for reps
Pelvic tilts
Pelvic floor activations
Single leg drop outs
Lumbar roll - core activated
Clam L
Clam R
Scissors
Glute bridge
Single leg stretch
Double leg stretch

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Disclaimer:

Before you start this or any exercise programme you must get your GP's / medical professional's approval. These home workouts are for informational purposes only and it is not meant as medical advice, nor is it a substitute for medical advice or a medical programme. Anyone experiencing any pain, discomfort, light-headedness, dizziness or becoming short of breath, should stop exercising immediately and consult a doctor/physician. The author is not responsible in any manner for any injury, loss, risk or liability, personal or otherwise, that result from the use of the fitness workout programmes or exercises outlined in this document.