

# Core/Trunk Strengthening Exercises (Basic)

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## Basic Core Strengthening Exercises

These exercises aim to improve the muscles that stabilise and support the spine. This is achieved by training specific trunk ('stomach') muscles which may be weak and underused.



### Benefits of Core/trunk Strengthening Exercises

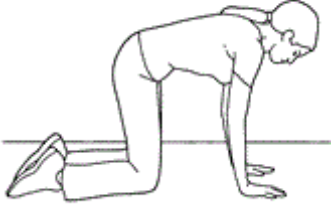
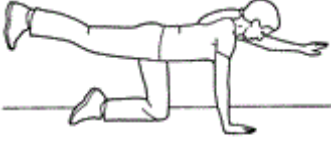
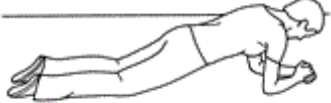
- Improved strength and balance.
- Less chance of injury.
- Increase in functional ability and daily activities.
- Helps with prevention of low back pain.

### Exercises (Basic)

These exercises should be comfortable to do. **You can progress them by increasing the number of repetitions or hold time.** Progress these everyday for at least 6 weeks to start seeing the benefit.

Remember to breathe normally throughout the exercises.

	<p>Lie on your back with legs bent and feet together. Pull stomach in and flatten back gently onto floor. Assist this contraction by pulling up and in the pelvic floor muscles. Hold for 5 seconds. Repeat 5 times.</p>
	<p>Lying on your back with your fingers just behind your ears and elbows out. Tighten your stomach muscles and lift your head and shoulders off the floor. Hold for 5 seconds. Repeat 5 times.</p>

	<p>In the crawling position Pull your stomach in. Hold for 5 seconds. Repeat 5 times.</p>
	<p>In the crawling position Lift the opposite arm and leg to the horizontal position. Hold for 5 seconds. Repeat 5 times.</p>
	<p>Lying face down. Support your weight on your forearms and knees. Tighten your stomach muscles and keep your neck and back straight. Hold for 5 seconds. Repeat 5 times.</p>

**For Further Advice:**

Back Pain Overview

<http://www.youtube.com/watch?v=BOjTegn9RuY>

Understanding Pain Overview

<https://www.youtube.com/watch?v=aH9NG1c6mIY>

Physical Activity Health Benefits

<http://www.youtube.com/watch?v=aUalnS6HIGo>