

# KINECTED



## THE BEST CORE EXERCISE COMBO YOU AREN'T DOING..YET.

For Educational Purposes Only. Not Intended To Be Used As A Substitute For Professional Advice. Please Check With Your Doctor Before Starting Any New Activity/Fitness Program.

Imagine if three core exercises, repeated three times each, only using your body weight, could provide a balanced core workout, help improve posture and back pain, while providing spinal stability. Check below for our Core "Big 3" exercises that train the core in a balanced way, and have been shown by research to protect the spine; one repetition at a time.

### 1. The Bird Dog

#### KEY POINTS:

- Begin on hands and knees-with hands under shoulders and knees under hips
- Inhale and let the belly fall
- Exhale and draw the belly up, slightly toward the spine and then squeeze the stomach like someone was about to punch you there
- Without shifting or twisting your hips, slowly reach the leg and opposite arm out as long as possible while raising both.
- Hold in the position shown (pic) for 5 seconds and come back to start position. Repeat on other side (8-15 reps).



### 2. Dead Bug - Arm and Leg

#### KEY POINTS:

- Begin on back with knees up at belt level and hands over shoulders with arms extended
- Inhale and let the belly rise
- Exhale and draw the belly in, slightly toward the spine and then squeeze the stomach like someone was about to punch you there
- Without arching the back or shifting or twisting your hips, slowly reach the leg and opposite arm out as long as possible while lowering both.
- Hold in the position shown (pic) for 5 seconds and come back to start position. Repeat on other side (8-15 reps).



### 3. The Bridge

#### KEY POINTS:

- Begin on back with knees bent, feet flat with weight on heels and arms crossed over chest
- Inhale and let the belly rise
- Exhale and draw the belly in, slightly toward the spine and then squeeze the stomach like someone was about to punch you there
- Squeeze butt first without tilting the pelvis
- Push hard through heels and without arching the back or shifting or twisting your hips, slowly lift hips up
- Hold in the position shown (pic) for 5 seconds while squeezing butt and come back to start position. Repeat.

