

CORE ACTIVITIES

STAGE 1	STAGE 2	STAGE 3
<ul style="list-style-type: none"> • Supermans- foot flat on ground • Pelvic tilt with single leg extension • Plank against wall/plinth or on ground • Bridge on plinth • Pushups against wall/plinth • Bird-dog: one limb up 	<ul style="list-style-type: none"> • Supermans- upon toe • Pelvic tilt with small ball under sacrum - single leg extention • Plank on BOSU ball • Side plank on ground/ against wall/plinth • Single leg bridge on plinth • Pushups on ground • Bird-dog: opposite arm/leg, 1-5 second hold • V-sit on ground 	<ul style="list-style-type: none"> • Pelvic tilt with small ball under sacrum- single leg & opposite arm extension • Plank on Theraball • Side plank, eyes closed • Single leg bridge on ball • Pushups one leg off ground • Bird-dog: opposite arm/leg with 5-10 second hold • V-sit on BOSU • V-sit with arm/head movements

|