



# Core Strengthening



## Basic Core Strengthening



Bridge with TA activation

Bird Dog with TA activation



Theraband Pull Apart with TA activation

Bicep Curl with Theraband and TA activation



Squat with or without weight and TA activation

Lunge with TA activation



## Advanced Core Strengthening

(Proceed with Caution)



V-Sits

Crunches with Twist



Bicycle Crunches



Crunches



Plank with Rotation



Plank



Side Plank



\*\*Transverse Abdominus Muscle =TA