



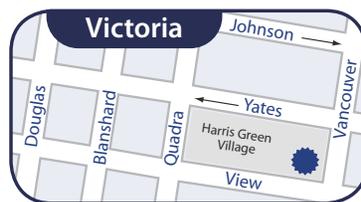
## Finding Your Core Muscles

Lie on back, knees bent, feet flat on floor. Place thumbs on hip bones and pointer fingers on front of stomach, under belt line. Draw bellybutton and lower stomach into spine. Breathe deeply, not restricting upper chest. Aim to flatten stomach without allowing the stomach muscles to bulge. Slowly lower knees outward towards floor. Repeat 10–15 times.



## ABOUT FRONTRUNNERS

Fronrunners Footwear are locally owned and operated running and lifestyle stores. Fronrunners has been a fixture in the Island community since 1988. The staff at Fronrunners are dedicated to fitting your feet with the right shoe for you and for your activity. **The Fronrunners staff are runners and triathletes, knowledgeable about their sport and the active lifestyle on Vancouver Island.**



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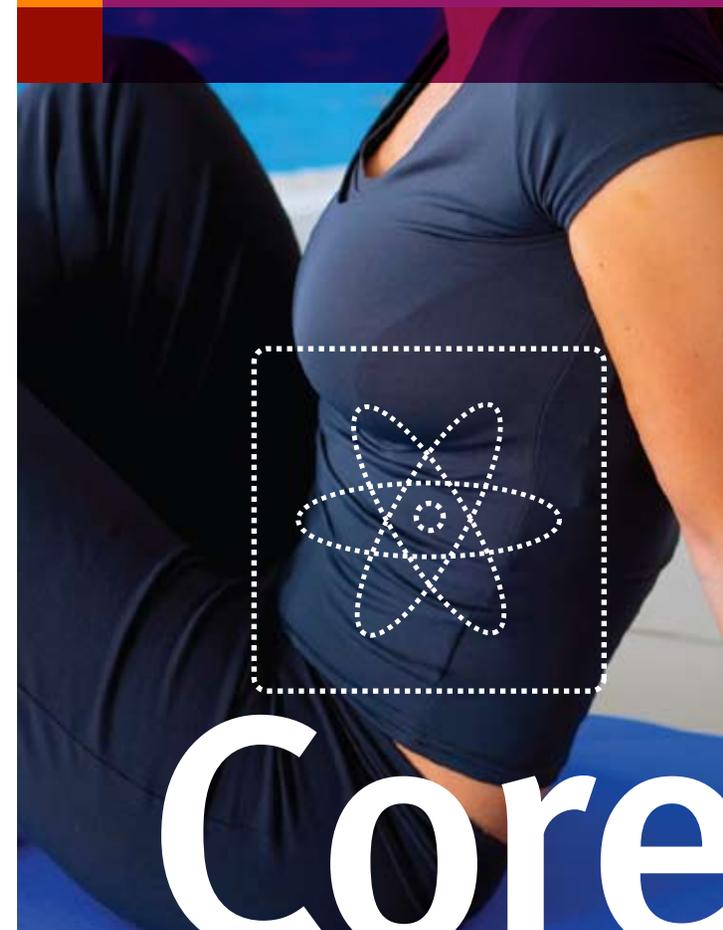
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GUIDE SERIES

# Core Conditioning



# Core

Everything relies on a strong core,  
learn how to build one!



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## BENT LEG RAISE

Position as previous exercise, with knees bent at 90°. Draw bellybutton towards spine, and raise one bent leg until thigh is perpendicular to floor. Alternate slowly, focusing on breathing deeply and keeping stomach muscles from bulging. **Repeat 10–15 times/leg.**



## HEEL SLIDES (PROGRESSION FROM BENT LEG RAISE)

As Bent Leg Raise, with knees bent at 90°. Engage core muscles, and slide one heel away from you just above floor until leg is straight. Return to starting position. Alternate slowly, focusing on breathing deeply and keeping stomach muscles from bulging. **Repeat 10–15 times/leg.**



## QUADRUPED

Start on hands and knees with the hands under the shoulders and knees under hips. Ensure that spine is neutral—imagine balancing a board on the lower back. Reach one arm forward and the opposite leg backward, keeping shoulders and hips square to the floor. **Try to reach as far as possible, rather than trying to raise your limbs high. Hold 3 seconds. Repeat 10–15 times/side.**

## CAT-COW WARM-UP

On all fours, hands as wide as shoulders, knees as wide as hips. Round spine toward sky, pulling bellybutton upwards, allowing head and tailbone to drop. Then gently let belly fall to floor as head and tailbone lift. **Hold 3 seconds each. Repeat 5 times.**



## KNEE HOVERS/BRIDGE

Same position as Quadruped with toes tucked under. **Press into your hands and feet to hold knees 1–3 inches off ground.** Keep your bellybutton pulled in and the back of your head as high as your shoulders. **Hold up to 30 seconds.** Progress to straight body, lifting from knees or toes.



## SIDE PLANK

Start side-lying, elbow directly under shoulder. **The knees are bent to 90°, straight line from knees to shoulders.** Contract the muscles on the under side of trunk and hip to lift your torso to a straight diagonal line. **Breathe deeply!** Once you are able to hold this position for 30 seconds, progress to straight legs, then straight legs propped up on straight arm.



## SUPINE BRIDGE

**Supine, with knees bent at 90°**, feet hip width apart. Push into feet to lift hips off the ground. Focus on contracting the back of your legs (hamstrings), buttocks (glutes) and your abdominals by pulling your bellybutton to your spine to avoid arching your back. **Hold up to 30 seconds.** For a greater challenge, extend one leg without dropping that hip. Repeat 10–15 times/leg. Alternate.

