

## CP/RTC Core Workout

This core workout was used by the Canadian National Women's Team and was designed by Rhonda Shishkin, a physiotherapist with the National Team, from the University of Saskatchewan.

### 1. Bridges

- a. Start Position: On back with knees at 90 degrees and feet flat on floor
- b. Movement:
  - i. Lift hips off the floor so a straight line is created through the knees, hips, and torso to the shoulders
  - ii. Lift, pause for 1 count, then lower back down
  - iii. Complete 15 bridges
- c. Teaching Points:
  - i. Squeeze the glutes as your lift to the bridge
  - ii. Get shoulder blades off the floor

### 2. Alternating Straight Legs

- a. Start Position: Supine (on back) with knees and hips at 90 degrees and feet off the floor
- b. Movement:
  - i. From the start position straighten the right leg and then bring it back to the start position
  - ii. Then straighten the left leg and bring it back to the start position
  - iii. Complete 10 with each leg in the alternating fashion
- c. Teaching Points
  - i. Begin by pulling the belly button to the spine and maintain this position throughout the exercise
  - ii. Keep small of the back into the mat
  - iii. Keep hips level – do not allow one side to drop
  - iv. Do not go past 90 degrees with hip flexion

### 3. Alternating Diagonal Straight Legs

- a. Start Position: Supine (on back) with knees and hips at 90 degrees and with feet off the floor
- b. Movement:
  - i. From the start position extend the right leg out to side at a 45 degree angle and then bring the leg back to the start position
  - ii. Then extend the left leg and bring it back to the start position
  - iii. Complete 10 with each leg in the alternating fashion
- c. Teaching Points
  - i. Begin by pulling the belly button to the spine and maintain this position throughout the exercise
  - ii. Keep small of the back into the mat
  - iii. Keep hips level – do not allow one side to drop
  - iv. Do not go past 90 degrees with hip flexion

### 4. Bridges with alternating straight legs

- a. Start Position: On back with knees at 90 degrees and feet flat on floor
- b. Movement:
  - i. Lift hips off the floor so a straight line is created through the knees, hips, and torso
  - ii. From the bridge position straighten the right leg so it is line the hips and torso
  - iii. Bring the right leg back to the bridge position and then straighten the left leg so it is line with the hips and torso
  - iv. Bring the left leg back to the bridge position and then lower the hips back to the floor

- v. Then lift to the bridge position and begin the pattern again
- vi. Complete 10 with each leg
- c. Teaching Points:
  - i. Begin by pulling the belly button to the spine and maintain this position throughout the exercise
  - ii. Keep the hips level – do not allow one side to drop
  - iii. Squeeze the glutes

**5. Supermans**

- a. Starting Position: Lie face down on a mat with the forehead resting on the back of the left hand
- b. Movement:
  - i. Squeeze the left glute
  - ii. Lift the right arm and left leg 4-6 inches off the floor at the same time
  - iii. Hold for 3 seconds and then lower slowly
  - iv. Complete 10
  - v. Switch to left arm and right leg and complete 10
- c. Teaching Points
  - i. Squeeze the glute to lift the leg – dorsi-flex the toe (pull the toes towards the knees)
  - ii. Hip bones stay on mat
  - iii. Be very long by extending from the hips

**6. Bird Dogs**

- a. Starting Position: Begin all fours with hands directly below the shoulders and knees below the hips.
- b. Movement:
  - i. Before beginning tighten the core by pulling the belly button to the spine and maintain this throughout the movement
  - ii. The right leg and left arm are extended out to finish so a straight line is created from finger tips to toes.
  - iii. Hold for 3 seconds
  - iv. Touch the right knee and left elbow together underneath the body and return to the extended position
  - v. Complete this 10 times with right leg/left arm and 10 with left leg/right arm
- c. Teaching Points
  - i. Begin by pulling the belly button to the spine and maintain this position throughout the exercise
  - ii. Ensure arm and leg are fully extended – feel like you are taking the heel away from the body
  - iii. Keep back flat
  - iv. Keep hips flat

**7. Side Plank Lifts**

- a. Starting Position: Lay on left side, with left elbow below the left shoulder. Place the right foot on top of the left foot.
- b. Movement:
  - i. Lift the hips in the air to a straight line or higher.
  - ii. Keep a straight line through knee, hips and torso – no bend at the hip
  - iii. Complete 10 on each side
- c. Teaching Points:
  - i. Keep straight line by maintaining belly button to spine position and maintain this position throughout the exercise
  - ii. Control the movement

- 8. Side Plank w/ Leg Lifts (advanced)**
- a. Starting Position: Lay on left side, with left elbow below the left shoulder. Place the right foot on top of the left foot.
  - b. Movement:
    - i. Assume a side plank lift position – then lift top leg
    - ii. Doesn't matter how high you lift the leg
    - iii. Keep straight line
    - iv. Complete 10 on each side
  - b. Teaching Points:
    - i. Begin by pulling the belly button to the spine and maintain this position throughout the exercise
    - ii. Control the leg up and down
    - iii. Keep straight line

- 9. Front Plank**
- a. Starting Position:
    - i. Begin on your front with elbows below rib-cage and hands below shoulders
    - ii. Pull your belly button to the spine and maintain this throughout the movement
  - b. Movement:
    - i. Lift the body up onto the elbows and toes
    - ii. Hold for 30 seconds
  - c. Teaching Points:
    - i. Begin by pulling the belly button to the spine and maintain this position throughout the exercise
    - ii. Do not allow the mid-section to sag – keep tight in the core
    - iii. Keep shoulder blades flat
    - iv. Be relaxed in the traps
    - v. Do not clasp hands

- 10. Band work with Partner (if bands available)**
- a. Starting Position:
    - i. Partners start about 6 feet apart
    - ii. Each partner has a band and holds one end of each band
    - iii. One partner is the exerciser and stands on one leg – in a good single, leg stance
  - b. Movement:
    - i. Partner pulls continuously on the ends of the bands in a non-patterned way
    - ii. Exerciser will hold arms
      1. Extended overhead
      2. Extended to the side at chest level
      3. Extended low to the side
    - iii. Exerciser must brace his/her core and maintain balance
    - iv. Go for 15 seconds with each arm position
    - v. Switch positions and then switch legs
  - c. Teaching Points:
    - i. Begin by pulling the belly button to the spine and maintain this position throughout the exercise
    - ii. Stand very tall in the torso
    - iii. Keep the support leg slightly bent
    - iv. Attempt to be motionless by maintaining a tight core

- 11. Chops with Band (if bands available)**
- a. Starting Position:
    - i. Partner holds a “taught” band high overhead and in front of the exerciser
    - ii. Exerciser is down on one knee
      1. Be very tall – with flat back

2. Hips must be level
3. Hips must be square

b. Movement:

- i. The exerciser will pull the band to the hip with knee on the floor
- ii. Squeeze the glute on the side you are pulling to
- iii. Rotate the opposite shoulder to the opposite hip

c. Teaching Points:

- i. Begin by pulling the belly button to the spine and maintain this position throughout the exercise
- ii. Pull the band with the core not arms
- iii. Pull the band to the hip pocket
- iv. Maintain a very tight core – belly button to spine