



Core Strengthening

School Age Edition



Bear



Bear

- Bend forward so hands and feet are on the floor and knees hover
- Walk around and roar like a bear

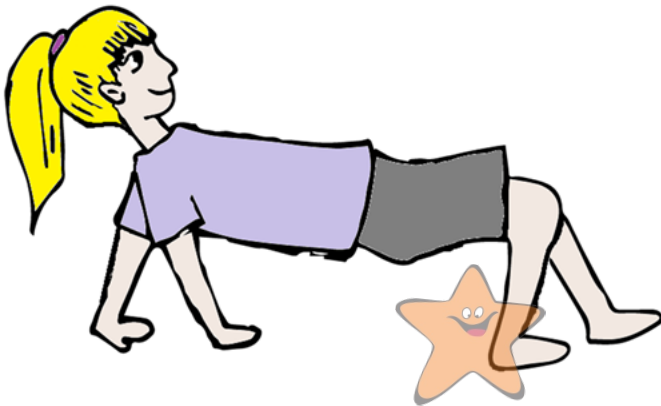


Easier



Harder

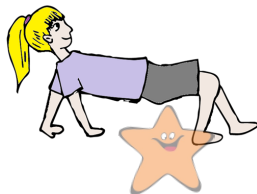
- Hold the position with hands and feet placed as shown in the picture
- Hold the position with hands and feet positioned further apart creating "long bear"
- Move forward or bear walk
- Bear walk at varying speeds (slow bear, medium bear, fast bear)
- Bear walk in different directions (backwards, sideways, diagonal)
- Bear walk up stairs or over a soft surface like pillows



Crab

Crab

- Sit on the floor with your knees bent and feet flat on the floor
- Place your hands on the floor behind you
- Lift your bottom off of the floor



Easier

- Hold the position
- Hold the position kick each leg one at a time
- Hold the position lift each hand one at a time
- Hold the position and lift opposite hand and foot
- Move forward or crab walk
- Crab walk at varying speeds (slow crab, medium crab, fast crab)
- Crab walk in different directions (backwards, sideways)
- Crab walk over an obstacle

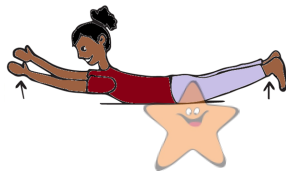
Harder

Super person



Super person

- Lay on belly and bring your hand up overhead
- Keep elbows and knees straight and lift hands and feet off the ground



Easier

- Lift each arm and each leg individually
- Lift opposite arm and leg
- Lift both arms together, rest, then lift both legs together
- Lift arms and legs all at once
- Hold for longer and longer
- Add ankle and/or wrist weights, hold items in your hands

Harder



Sit ups

Sit ups

- Lay on back with knees bent and feet planted on the ground
- Place hands behind your head or cross arms on chest
- Use your tummy muscles to sit up



Easier

- Have someone hold your feet or place your feet under support like a couch
- Perform with feet unsupported but start with back on a wedge or pillow
- Gradually lower that support wedge or pillow so the back starts closer and closer to the floor
- Perform with feet unsupported starting with back on floor

Harder

Boat



Boat

- Sit on the ground with knees bent and feet planted on the floor
- Lean back and lift feet off the ground
- If able, straighten knees, and hold

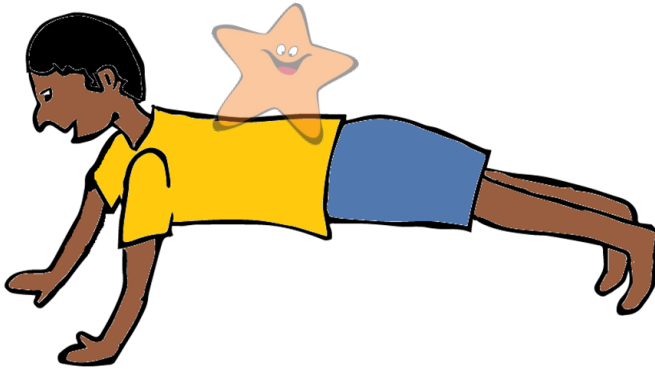


Easier



Harder

- Just lean back and maintain that hold with feet still planted on the ground
- Lean back and lift feet, but keep knees bent
- Start with feet on an elevated surface, straighten knees and lift feet even if just for a second
- Build up how long you hold over time



Plank

Plank



- Position on hands and knees
- Straighten one knee so your toes can plant on the ground
- Straighten your other knee and bring feet side by side
- Your body should be flat like a board

Easier



Harder

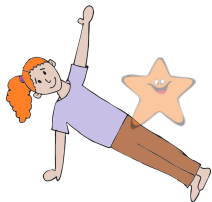
- Instead of straightening knees and planting feet, keep knees on the ground and straighten out hips for knee plank
- Straighten knees to plant on toes with hands on an elevated surface like a bench
- Gradually lower the elevated surface to be closer and closer to the ground
- Increase how long you hold over time

Side plank



Side Plank

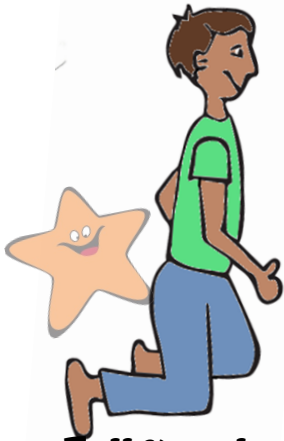
- Sit on your side
- Place your hand down on the ground, straighten knees and plant feet
- Lift hips up off the ground



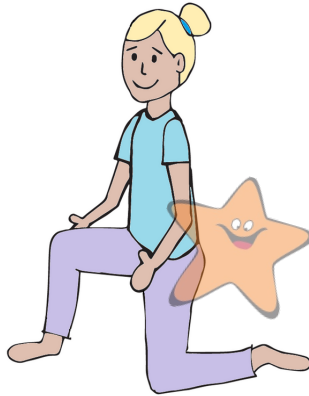
Easier

- Instead of straightening knees and planting feet, keep knees bent and on the ground, lift hips for knee side plank
- Straighten knees to plant on toes with hand on an elevated surface like a bench
- Gradually lower the elevated surface to be closer and closer to the ground
- Increase how long you hold over time

Harder



Tall Kneel

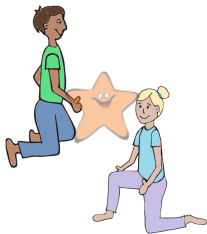


Half Kneel

Kneeling

Kneeling

- Tall kneel: position on hands and knees, lift hands and chest and straighten out hips
- Half kneel: do the above, then bring one foot forward to plant in front



Easier

- Tall kneel position with hand(s) on support surface
- Tall kneel position without support
- Tall kneel walking
- Tall kneel with knees on a compliant or wobbly surface
- Half kneel position with hand(s) on support surface
- Half kneel position without support
- Half kneel position while you play catch with a partner or any other game you enjoy

Harder

Opposite arm/leg lift



Opposite arm/leg lift



- Position on hands and knees
- Hold strong through one arm and the opposite leg
- Straighten elbow and lift the other hand while also straightening knee and lifting the other foot

Easier

- Lift one arm at a time
- Lift one foot at a time
- Lift arm and straighten opposite knee while keeping the toes contacting the ground
- Lift opposite arm and leg and hold
- After the lift, bring knee to elbow and return to lift before lowering to the ground

Harder

