

1 Plank Slide-out from Knees

In a push-up position with both knees on the floor, place each hand in the center of the core sliders. Drop your hips to achieve a neutral spine position. Initiate the exercise by reaching forward, sliding both the core sliders together upward, overhead, away from your body. Pause. Reverse the motion by bracing your core and pulling yourself back to the starting position. You should reach as far forward as you can without breaking the neutral spine posture. Repeat.



2 Upper Extremity T, Y, I Plank

In a full push-up position place both hands in the center of the core sliders. Initiate the movement by pushing the core slider upward and forward with the as if you were making an I. Pause. Reverse the motion to the starting position. Next, push the slider upward at a 45 deg angle as if you were making a "Y". The last motion is pushing the slider directly horizontal as if you were making a "T". The goal is to challenge the stability of the upper extremities by reaching as far forward as possible while maintaining a neutral posture. Repeat.



3 Alligator Crawl

In a full push-up position place each foot on the center of a core sliders. Brace your core and initiate the "alligator crawl" by walking forward with your arms, dragging your feet that are positioned on the core sliders. Your feet and ankles do not move they remain positioned in the center of the core sliders as they are slid across the floor by walking forward with your upper extremities. Repeat.



4 Y-Balance Unilateral Lunge

Standing with feet shoulder width apart with a core slider positioned under one foot. Initiate the movement by reaching forward and sliding the core slider as far as possible without losing balance. Pause. Reverse the motion back to the starting position. This is the stem of the "Y". Repeat. This time reaching backward at a 45 deg angle out and away you. Repeat one last time reaching at a 45 deg angle inward and across midline as if performing a "curtsy". Reach as far as you can while focusing on maintaining your balance and stability. Repeat.



5 Bridge with Hamstring Curl

In the supine position with your knees bent place the core sliders beneath each foot. Initiate the motion by "bridging" your hips up in the air to achieve a neutral spine posture. From here slowly extend both knees at the same time by pushing the core sliders downward away from your body. Extend as far downward as you can. Pause. Reverse the motion and slide the core sliders back upward to the starting position. The goal is to reach as far as you can while still being able to return to the starting position. Repeat.



6 Plank with Knee Tuck

In a full push-up position, place each foot on the center of the core sliders. Initiate the movement by bracing with your core and flexing your hips upward toward your chest. Your feet remain on the core sliders dragging them upward as if tucking your knees up towards your shoulders. Both legs are performed at the same time at a controlled speed. Repeat.



7 Mountain Climbers

In a full push-up position, place each foot on the center of a core slider. Initiate the movement by bracing with your core and flexing one hip upward toward your shoulders. Reverse the motion. While this leg is returning to the starting position initiate the same motion with the other leg. This will create an alternating "climbing" motion. Your feet remain on the core sliders dragging them upward as if tucking one knee at a time. Repeat for a set duration of time. Gradually increase the speed and duration as you gain comfort with the movement.



8 Plank Jacks

In a full push-up position, place each foot on the center of a core slider. Initiate the movement by bracing with your core and abducting both legs laterally. Reverse the motion returning your feet to the starting position. This will create a "scissoring" motion with your legs. Your feet will remain on the core sliders sliding them back and forth laterally. Maintain a neutral spine posture with your hips down. Repeat. Gradually increase the speed as you gain comfort with the motion.



9 Reverse Plank Pull Through

In a long sitting position (knees straight), place each foot on the center of the core sliders. Your hands should be flat on the floor positioned just outside and behind your hips. Initiate the movement by pushing down with your hands and lifting your hips from the floor. Initiate the exercise by pushing your hips up in the air while sliding the core sliders down away from your body. This will create a reverse plank position (your hips should be up in the air and forming a straight line connecting your shoulders, hips, and feet). Pause. Reverse this motion sliding your hips down and pulling them backward through your hands. Your hips must remain up off the floor through the entire motion. Repeat.



10 Hip Abduction/Adduction Kneeling

In a tall kneeling position, place the core sliders under each knee. Initiate the motion by abducting your hips and sliding both core sliders laterally in opposite directions. Pause. Reverse the motion returning to the starting position by adducting your thighs. Keep your torso upright throughout the motion. Start with small slides laterally and work up to larger motions.



11 Thoracic Rotation Mobility Quadruped

In a quadruped position (hands and knees), place one hand on a core slider. The other hand can rest flat on the floor. Initiate the motion by sliding the core slider underneath the hand that is placed flat on the floor (the slider will move in between the opposite hand and knee). Reach across as far as you can rotating your thoracic spine. Pause. A stretch should be felt in the back and the side of your shoulder. Reverse the motion returning to the starting position. Repeat on both extremities.



12 Side Plank Slide-out from Knees

In a sidelying position with knees bent, place the hand closest to the floor on the center of the core slider. You should be propped up into a side plank position. Your hips should be elevated and your knees and hand should be the only thing in contact with the floor. Initiate the motion by extending the slider upward away from your body. Pause. Reverse the motion returning to the starting position. The movements should begin with small slides back and forth and gradually increased as you gain comfort in the motion. Repeat on both extremities.

