Exercise Sheet – Central Stability – Box Hip Extension with Dowell/Superman

Purposes;

* Improve abdominal muscle performance
* Improve control of the spine in preventing rotation
* Improve balance control
* Improve control of the pelvis

#### Step 1

* Starting position on hands and knees with feet pointing away from body, hips a few inches apart and positioned over the knees which should be a few inches apart. Hips at a 90 degree angle, shoulders positioned over hands and head in line with the body. Balance dowel along back and between buttocks



* Contract your abdominal muscles by “pulling your belly button towards your spine” whilst breathing out, then breathe normally through the exercise.
* Keep your knee bent and lift your leg at the hip backwards.
* Do not let your pelvis or spine move
* Hold position for 5 seconds
* Return to the starting position
* Repeat with alternate leg
* Perform 10 repetitions on each leg or as prescribed



#### Step 2

* As above but straighten your leg pushing out with the heel.



#### Step 3 – Superman

* As above but lift your opposite arm at the same time as straightening your leg. Stretch out with your fingertips and heel so that you have a straight line from fingers to heel. Your chest and pelvis should be parallel to the floor.
* Repeat with your opposite arm and leg.
* Perform 10 repetitions on each leg or as prescribed

