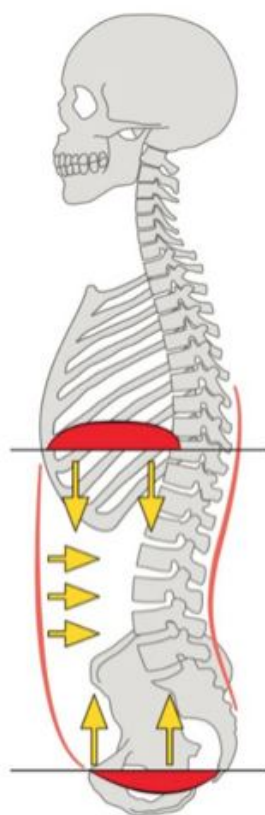


Core Bracing for Pelvic Stability

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Bracing increases your Intra-Abdominal Pressure (IAP) which in turn supports your lumbar spine when you are performing any form of lifting exercise or using your hip flexors during exercise (in particular core training).

STEPS TO CORE BRACING:



1. Start by standing upright.
2. Breathe in and lift your chest/rib cage (good posture position).
3. Contract your abdominals so that your belly button starts moving towards your spine (at the same time your side abdominals (Obliques) should start to move outwards/sideways).
1. If you are doing this correctly your obliques feel be hard.
2. Don't let your chest drop when you start to contract your abs.
4. Squeeze your glutes.

Good Introductory Core Bracing Exercise



Elbow Plank

1. Start in the Elbow Plank position.
2. Try to contract your abdominals to move your rib-cage to your pelvis, **BUT** don't allow your body to move.
3. Focus on contracting your belly button to your spine.
4. Try to also contract your obliques & glutes whilst performing this activity.

Check out my [Youtube clip on core bracing](#).

For more details on these techniques - please review my blog - [Getting your core strong.....](#).

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