



MURRAY
FAMILY CHIROPRACTIC

Pain Relief to Wellness

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Core Strengthening – Level 2

Congratulations on graduating from Level 1 to Level 2. These exercises will really let you “feel the burn”. Remember, spinal correction and the removal of detrimental nerve interference requires a well-rounded plan. Adjustments facilitate the removal of spinal cord and nerve pressure. Extension tractioning will help restore curves and reduce the stress load on your spine. Core strengthening exercises will retrain the muscles around your spine to hold the spine in its proper alignment for longer periods of time, rather than being weak and spastic; pulling your vertebrae out of alignment and shutting down your “Power”. If your Corrective Program is missing even one of these components spinal correction will not occur; so make sure you are doing your exercises daily! ☺ Dr. Rob

1. Elbow-to-Knee Twisting Crunch (“Bicycle Crunch”)

Start out on the floor, on your back, with your knees raised and your hands interlaced behind your head/neck. Curl your left elbow toward your right knee, bringing them together over the center of your body. Return to the starting position and repeat with your right elbow toward your left knee. Continue alternating nonstop for one minute, or longer if you can.



2. Reverse Crunch

Start out on the floor, lying on your back with your arms by your sides. In one smooth motion, bring your feet up off the floor and crunch your knees toward your chest while pressing your hands into the floor. Crunch far enough to raise your hips off the floor. Lower your hips back to the floor and uncurl your legs until they are straight, with your feet one or two inches above the floor. Repeat nonstop for one minute.



3. “V” Sit

You do not need to be sitting on a rounded surface, like in the photo, the floor will do just fine. In a sitting position, slowly bring your knees together and raise your legs off of the floor. Lean back a bit to balance yourself and hold your arms forward. This exercise will begin to hurt after about 5-10 seconds, but enjoy the pain and try to hold it as long as you can. If you get up to a minute, you are doing great! Now go take a shower because you will need it. ☺



**Once you feel that you have mastered these exercises,
ask Dr. Rob for level 3... just kidding there is no level 3.**