

## Core Stability Exercise Sheet

### 1. Passenger Planes

Lie on your tummy with your legs out behind you and your arms out to the side. Make sure you keep your knees nice and straight.  
Break movement down to do just arms or legs, then try to out both together



### 2. 3-2 Point Kneel

On your hands and knees practice lifting one arm out in front of you.  
On your hands and knees practice lifting one leg out behind you.  
Once you have mastered the above practice lifting one arm and your opposite leg at the same time.



### 3. Parcels

Practice doing the leg part of a parcel.  
Practice doing the head part of a parcel.  
Practice making full parcels.



#### 4. Bridging

Start by lying on your back with your knees bent and your feet a little bit apart. Have your arms straight by your sides. Lift your bottom off the floor. You could pass a bean bag/toy around your tummy whilst holding this position.



#### 5. Sit ups

Have someone hold your feet and see how many sit ups you can do. Cross your arms across your chest – it's ok to start with for someone to give you a hand to get a few centimetres off the floor.



**For each activity build up the time you can hold the position for e.g. start with 5 seconds, then 10, aiming to build up to 30 seconds to a minute for each exercise.**

### Contact details

#### Child Therapy Services

Telephone number: 0300 019 2936

For further general health-related information, please ask the relevant department for an information prescription or contact:

The Health Information Centre  
Poole Hospital NHS Foundation Trust  
Longfleet Road  
Poole  
Dorset  
BH15 2JB  
Telephone: 0300 019 8003

[www.uhd.nhs.uk](http://www.uhd.nhs.uk)

**We can supply this information in other formats, in larger print or have it translated for you. Please call the Patient Experience Team on 0300 019 8499 or email [patientexperienceteam@uhd.nhs.uk](mailto:patientexperienceteam@uhd.nhs.uk) for advice.**

If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Experience Team on 0300 019 8499, write to the Patient Experience Team (address above) or email [patientexperienceteam@uhd.nhs.uk](mailto:patientexperienceteam@uhd.nhs.uk)

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Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB

Author: **Rebecca Shelton** Date: **February 2021** Version: **Two** Review date: **February 2024** Ref: **209/21**

t: 01202 665511 w: [www.uhd.nhs.uk](http://www.uhd.nhs.uk) : @UHD\_NHS : @UHDTrust : @uhd\_nhs