

Quick core stabilization warm-ups for before training or competition.

When you are getting ready to challenge your mind and body through physical activity, it's important to have your core stabilizing muscles primed and ready to perform. These two exercises are a quick way to get your muscles turned on to reduce risk of injury and increase performance.

Lay on your back with your knees bent and feet flat on the ground. Bring one knee up toward your chest and place your opposite palm along the top of your knee. Resist yourself as you try to lift you knee up more and push your arm down like you are trying to squish something between you palm and the top of your knee. Hold this position for 5 seconds, then switch sides. Do each opposite pair 3 times.



As you improve with your activation and stability, progress to doing both arms and legs at the same time. Lift both knees to align over your hips, and place your palms to the top of the opposite knee. Hold this position 5 seconds, then switch your arms so the other arm is on top. Do each position 3 times. Work up to completing the hold for 10 seconds, 3 times on each side.

Another way to try this same idea can be done in standing. Place your palms flat on a wall and step back so you are leaning forward. While pressing into the wall, lift one knee up as high as you can while at the same time pulling the toes on the same leg up as high as you can. Think that you are stepping up to the tallest step you can and you need to pull those toes up to get there. With the grounded leg, press your toes down into the ground and lift your heel as high as you can. Keep trying to lift one knee and toes higher, while you press higher on the toes of the grounded foot, all while pressing your arms into the wall. You will feel your abdominals activate, which means they are getting ready to work. Hold this position for 10 seconds, then switch legs. Complete each leg 5 times. This is a great exercise to do before running exercises, especially if you are sprinting.

