



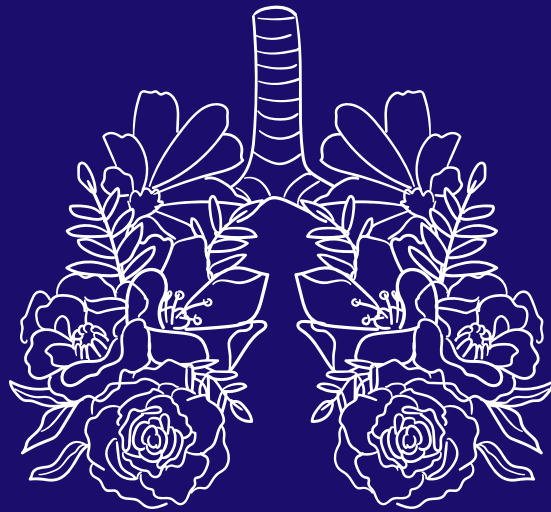
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CORE CONFIDENCE

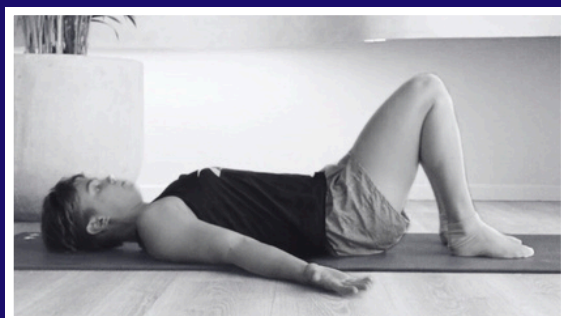
4 MOVES TO IMPROVE BALANCE & CORE STRENGTH

Take a breather



To ensure you make the most of these exercises, be sure you practise this breathing technique a few times before getting started:

- Lie on your back with knees bent
- Inhale through your nose & allow your ribcage and belly to expand
- Exhale out your nose or mouth, engage the muscles between your sitting bones and gently lift them. Simultaneously pull your navel gently toward your spine
- Perform 20 repetitions



1. Leg slides



- Employ the breathing and activation techniques as described above
- On exhale, slide 1 leg out keeping heel in contact with mat
- On inhale slide leg back to start position
- Be mindful to keep pelvis neutral & stable at all times
- Perform 5 repetitions per leg

2. Mindful bridge



- Employ the same breathing and activation techniques as above
- On exhale, actively contract the glute muscles along with the navel to spine pelvic floor activation. Let the muscles power up for 3 seconds
- Small lift into bridge position
- Hold bridge position and muscle contraction for 3 seconds, breathing as necessary
- Perform 10 repetitions

3. Hover hold



- Employ the same breathing & activations used in the bridge exercise
- Inhale to prepare
- Exhale, power up for 3 sec
- Lift knees about 5cm off mat
- Perform 5 – 10 repetitions

4. Bird dog



- Employ the same breathing & activations from the 4-point hover
- Inhale to prepare
- Exhale & lift 1 leg to hip height + opposite arm sideways to shoulder height
- Externally rotate the arm (turn thumb upwards to ceiling) while balancing in position, breathe as necessary
- Perform 10 repetitions per side

Need more help?

Improving core strength often involves a multitude of factors relating to posture and muscle activation.

If you've been inactive for a while, or you're new to weight training, or maybe you've been reasonably active for a few years but never with any dedicated focus on core and stability work, then you need to check out my *From the Ground Up* 4-week program!

Why is core & stability important?

With a strong and resilient stabiliser muscular system, you will be able to:

1. Prevent joint & muscle pain and injury
2. Maintain functionality at any age
3. Improve any sporting performance
4. Feel more confident to tackle life's physical demands

Why do most people avoid stability training?

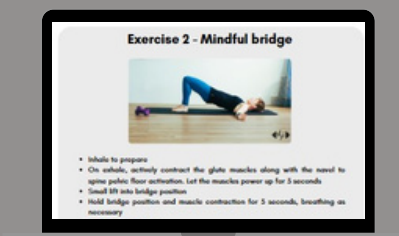
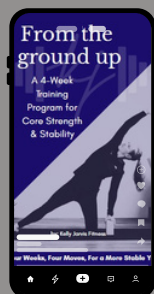
Proper stability training can demand a lot of brain power in the beginning! Movements are executed slowly and with as much control as possible. Therefore, maintaining one's focus throughout the movement is quite important.

Conventional expectations of exercise usually revolve around a 'no pain, no gain' mentality. While this certainly has its place in other areas of fitness, you'll find that stability training encourages a slow pace and adequate rest in order to perform the exercises as mindfully as possible.

How often should you do stability exercises?

In short, as often as you like. It becomes easier if you add in a few stability exercises into your warm up, or join a Pilates class at your local studio. That being said, aim for at least 2 – 3 times a week.

*****Want a full program that is guaranteed to give your training the kickstart it needs?*****



My 4-week *From the Ground Up* program is designed to take you step by step from foundational core strength to more advanced stability techniques—helping you move better, feel stronger, and improve balance in everyday life.

To grab this offer, visit **www.kellyjfitness.com**



hi, I'm Kelly

After completing an Honours degree in Sport Science and qualifying as a Pilates instructor in 2011, I've helped hundreds of people enhance their core strength, fitness, and overall physical capacity. Over the years, I've continually expanded my knowledge by attending a wide variety of workshops and courses, deepening my understanding of what it takes to create effective, science-backed programs for functional longevity.

I have a particular passion for working with women—especially those over 40—supporting them through life's transitions with training that empowers, educates, and builds lasting confidence in their bodies.