

HOME EXERCISE PROGRAM

Core & Functional Strength Program

Trunk stability and whole-body strength to protect the spine and support movement

This program builds the deep core and whole-body strength that protects your spine and supports athletic and everyday movement. Keep the trunk steady and control every repetition. Begin with the holds and progress the carries and single-leg work as your control improves.

CORE FOUNDATION

Build trunk stability with controlled holds. Keep the hips level and the core braced.



Front Plank

3 × 20–45-sec holds

Hold a straight plank on your forearms and toes, keeping your core tight and hips level. Do not let the hips sag or pike up.



Side Plank

3 × 15–30-sec holds each side

Support your body on one forearm and the side of your foot, keeping a straight line from head to heels. Hold, then switch sides.



Bird Dog

3 sets × 10 each side

From hands and knees, extend the opposite arm and leg to horizontal while keeping your back flat and core engaged. Hold briefly, then switch.



Dead Bug

3 sets × 10 each side

Lie on your back with arms and knees up. Slowly lower the opposite arm and leg toward the floor while keeping your low back pressed down, then return and switch.

ANTI-ROTATION & CARRIES

Train the core to resist rotation and stabilize under load.



Pallof Press

3 sets × 10 each side

Stand sideways to a band anchor. Press the band straight out from your chest and resist the pull to rotate, then return slowly.



Farmer Carry

3 × 20–40 yards

Hold a weight in each hand at your sides and walk forward with tall posture, shoulders back and core tight.



Suitcase Carry

3 × 20–40 yards each side

Hold a weight in one hand (like a suitcase) and walk forward, keeping your torso upright and resisting the lean to one side. Switch hands.

FUNCTIONAL & SINGLE-LEG

Tie core control into balanced, single-leg strength.



Single-Leg Romanian Deadlift (RDL)

3 sets × 8 each leg

Balancing on one leg, hinge at the hip and lower a weight toward the floor while keeping your back flat and hips level, then return to standing.



Hip Airplane

3 sets × 8 each leg

Balance on one leg and hinge forward, then slowly open your hip so the pelvis rotates outward and return, keeping the motion controlled.

you are recovering from surgery, follow your specific post-operative protocol first.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/exercise-programs/core.html

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