



## Tri Core

Core work is very important for Triathletes, it not only helps keep you more stream line in the water but it also helps to prevent overuse injuries while biking and running.

### Proper Pelvic Tilt:

- Essential base for all other core exercises.
- Lay flat on you back, with your knees bent, and feet flat on the floor.
- Use your abs and your glutes to bring your belly button as close to your spine as you can get it to go.
- Hold for 10 seconds, repeat 10 times, do 1-3 sessions.
- Keep spine nutral

### Bridge:

- With your proper pelvic tilt engaged squeeze glutes to lift your pelvis off the floor.
  - Do not focus on using your quads to do this exercise.
  - Hold 5 seconds, do 1-3 sets of 10
- Progression:** At the top of the bridge, extend one leg out at a time while holding bridge.

### Birddog:

- On all 4's
- Hold proper pelvic tilt, and head looking straight down (not out to front) to keep the spine neutral.
- Extend one leg straight back. Focus on engaging the glute, do not lift or rotate your pelvis.
- Then extend the opposite arm straight out at the same time as the leg.
- Hold 3-5 seconds, do 1-3 sets of 10.

### Superman:

- Laying face down, with arms extended above your head.
  - Proper pelvic tilt to engage your core.
  - Lift one arm off the ground (lift from shoulder blade) at the same time you lift the opposite leg (lift from the glute)
  - Hold 3 seconds do 1-3 sets of 10
- Progression: Lift both arms and both legs at the same time.  
Progression 2: Reverse Snow Angel

### Plank:

- Elbows at 90 degrees, hands separated directly in front of elbows.
- Proper pelvic tilt, then lift your pelvis off the table
- Keep your body in spin neutral, or in a straight line including your neck
- Hold 2-3 seconds, repeat 12-20 times

### Side Plank:

- Laying on side, with your elbow directly under your shoulder
- Feet either on top of one another, or staggered
- Lift pelvis forward and up
- Hold spine neutral, do not twist pelvis forward or backward