

# Preventive Primary Care ~ Select

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## Core Exercises

### Basics for all:

1. Sidestepping, 3 × 1 min
2. Grapevine stepping, 3 × 1 min
3. Step forward and backward over a line while moving sideways (zig-zag), 3 × 1 min
4. Single-leg stand progressing from eyes open to eyes closed, 4 × 20 sec
5. Prone abdominal body bridge (performed by using abdominal and hip muscles to hold the body in a face-down straight-plank position with the elbows and feet as the only point of contact), 4 × 20 sec
6. Supine extension bridge (performed by using abdominal and hip muscles to hold the body in a supine hook lying position with the head, upper back, arms, and feet as the points of contact), 4 × 20 sec
7. Fast feet in place (performed by jogging in place with increasing velocity, picking the foot only a few inches off the ground), 4 × 20 sec

### Advanced:

1. Single-leg stand windmill touches, 4 × 20 sec of repetitive alternate hand touches
2. Push-up stabilization with trunk rotation (performed by starting at the top of a full push-up, then maintain this position with 1 hand while rotating the chest toward the side of the hand that is being lifted to point toward the ceiling, pause and return to the starting position), 2 × 15 reps on each side

Follow with your **25 minutes of AEROBIC activity/exercise**

