Longevity for Life

Timeless Energy for Life

A Stronger Core Brighter Days



A Strong Core Supports Every Movement, Every Step, and Every Stage of Life.

Lumbar Spine & Core *Mobility & Strength*

Supporting Stability, Balance & Confident Movement



1 Cat-Cow

Slowly alternate between arching and rounding your spine through a comfortable range of motion.

Do 8–10 repetitions.



2 Quadruped Rock-Back

From a hands and knees position, slowly sit your hips back toward your heels while keeping a neutral spine, then return to the starting position.

Do 8–12 repetitions.



3 Dead Bug

Lie on your back with your arms toward the ceiling and knees bent. Engage your core and slowly extend the opposite arm and leg while keeping your low back gently on the floor.

Do 8–10 repetitions each side.



4 Bird Dog

From a hands and knees position, extend one arm and the opposite leg. Keep your core engaged and your hips level. Return with control and repeat on the other side.

Do 8–10 repetitions each side.



5 Pallof Press

Stand tall with a resistance band at chest height. Press the band straight out in front of you, resisting rotation of your trunk. Keep your core engaged and hips facing forward.

Do 10–15 repetitions each side.



6 Suitcase Carry

Hold a weight in one hand at your side. Walk forward with a tall posture, core engaged and shoulders level. Keep your steps steady and controlled, then switch sides.

Walk 20–30 feet, 2–3 rounds each side.

Movement Creates Strength. Strength Creates Confidence.

FOCUS | IMPROVE | TRANSFORM

Healthy Core Strength Supports Better Posture, Balance & Mobility

Move Better • Live Stronger • Age Well

Build Stability From the Center Out.

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