

Stress Less. Live More.™

Core Strength and Stability Test

This simple test can determine the strength of your core while revealing any potential underlying injuries to your spine and nervous system. Weakness on this test can provide early detection of underlying spinal weaknesses that you should know about.

You will need a flat surface and a watch with a second hand. Maintain a straight back throughout the test. Cheating on your body position may hurt you and give you false results. Try to complete all seven positions without rest or see how far you can get. Please refer to *The 100 Year Lifestyle Workout* book for pictures on pages 128-131 if you have any questions.

	Hold Time
Step one: Assume the basic plank position with your elbows on the ground, toes curled under, and back straight.	30 seconds
Step two: While in this position lift your right arm off the ground straight out in front of you.	15 seconds
Step three: Return your right arm to the ground and repeat with your left arm.	15 seconds
Step four: Return your left arm to the ground and lift your right leg off the ground; keep it straight and extend it straight up behind you as high as you can.	15 seconds
Step five: Return your right leg to the ground and repeat this motion, lifting your left leg off the ground.	15 seconds
Step six: Return your left leg to the ground, and lift your right leg and left arm off the ground at the same time.	15 seconds
Step seven: Return your right leg and left arm to the ground and lift your left leg and right arm off the ground.	15 seconds

How did you do? Were you able to maintain a straight back throughout the entire test? Did you collapse to the ground or complete the entire test? Circle the step indicating how far you got. Retest yourself in thirty days of doing this test four times per week. If you feel pain or discomfort during any portion of this test or within 72 hours afterwards, consult your 100 Year Lifestyle Affiliate Chiropractor immediately.



The 100 Year Lifestyle

Live Yours!™

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