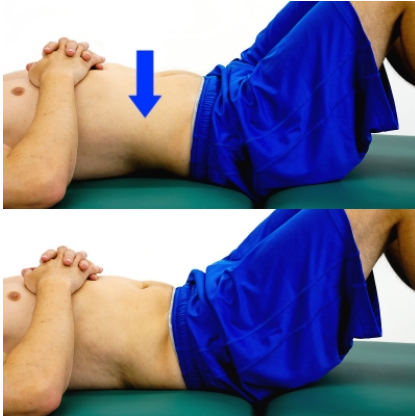


Total 20



PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 10 Times
 Hold 10 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day



BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 30 Times
 Hold 10 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day



EXERCISE BALL - FLOOR BRIDGE

While lying on the floor, place an exercise ball under your lower legs and then raise up your buttocks.

Repeat 30 Times
 Hold 10 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day



PRONE ALTERNATE ARM AND LEG

While lying face down and keeping your lower abdominals tight, slowly raise up an arm and opposite leg. Slowly lower and then raise the opposite side.

Do not allow your spine to move the entire time.

Repeat	30 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



PRONE SUPERMAN

While lying face down, slowly raise your arms and legs upward off the ground. Then lower slowly back to the ground.

Repeat	30 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



SKYDIVER

Lie face down with arms by your side. Next, lift your upper body, lower legs, thighs and arms off the ground at the same time as shown. You can place a pillow under your stomach for comfort.

Repeat	30 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



PRONE BALL - ALTERNATE ARM AND LEG

While lying face down over a ball, support your self with your feet and hands. Next, slowly raise up one arm and opposite leg.

Return arm and leg back to floor and then raise up the opposite arm/leg.

Repeat	30 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



Bicycle crunch
modified crunch

Repeat	30 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



BRACE - BILATERAL STRAIGHT LEG RAISE

While lying on your back with your knees straight, raise up both legs. Use your stomach muscles to keep your spine from moving.

Repeat	5 Times
Hold	20 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



BRACE - BICYCLE

While lying on your back with your knees bent, raise up both feet and straighten one out in front of you. Then return the leg back and straighten the other. Use your stomach muscles to keep your spine from moving.

Repeat	30 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



SUPINE SCISSOR KICKS

While lying on your back, place your hands under your buttocks. Tilt your pelvis so that your lower back moves towards the floor and hold this position.

Next, raise your legs up in the air and move them up and down in an alternate fluttering motion as shown. Maintain your lower spine held towards the floor the entire time.

If you cannot control your spine downward, then try bending your knees as you raise them up and down to ease the intensity of the exercise. If you lose control of your spine then the exercise is too advanced.

Repeat	30 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



STRAIGHT LEG PRESS UP - ROTATION

While lying on your back, cross your legs and lift them straight up. Next, flatten your low back so that it thrusts your legs a few inches upwards towards the ceiling.

While maintaining this position with your low back flat on the floor, slowly rock your legs side-to-side as shown.

Repeat	30 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



LOWER TRUNK ROTATIONS - UNSUPPORTED - LTR

While lying on your back with your knees bent, lift up both feet and slowly rock your pelvis to the side. Then slowly rock to the other side. Maintain your spine straight for the entire exercise.

Repeat	30 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



Plank

Start face down with elbows on a mat directly below your shoulder and pull your core up, creating a plank position on your toes and elbows. Hold until you feel a shake then hold for ten more seconds.

Repeat	3 Times
Hold	45 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



FULL PLANK WITH ROTATION

Hold a plank position in full elbow extension position with your legs spread apart as shown.

Next, lift one arm up and behind you as you rotate your trunk and head in the same direction. Return and repeat on the other side.

Repeat	30 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



PLANK ALTERNATE ARM AND LEG

While lying face down, lift your body up on your elbows and toes. Next, lift up one arm and opposite leg. Return to original position and then perform with the other arm and leg.

Try and maintain a straight spine.

Repeat	30 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



QUADRUPED ALTERNATE ARM AND LEG WITH KNEE ELBOW TOUCHES "BIRD DOG ELBOW TOUCHES"

While in a crawling position, slowly lift your leg and opposite arm upwards.

When returning your arm and leg down, do not touch the floor but instead touch your elbow to your opposite knee and lift and straighten them again. Then set them down on the floor. Next, perform on the other side and repeat.

Repeat	30 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



Side Planks

Side Planks:

Lying in a side lying position, begin by having the elbow placed directly below the shoulder so they are in a straight line.

Bracing the abdominals, raise the hips up.

Feet should be stacked on top of each other and the angle of the hips should be in a straight line and perpendicular to the floor.

Repeat	30 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



PLANK LATERAL WITH HIP ABDUCTION

While lying on your side, lift your body up on your elbow and feet. Next, slowly raise up the top most leg upwards, then return. Try and maintain a straight spine the entire time.

Repeat	30 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day



SINGLE LEG DEAD LIFT

While standing on one leg, bend forward towards touching the ground as you extend your leg behind you. Then return to the original position.

Keep your legs straight and maintain your balance the entire time.

Repeat	30 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Time(s) a Day