

1



CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling.

Next return to a lowered position and arch your back the opposite direction.

Repeat 10 Times
 Hold 10 Seconds
 Complete 4 Sets
 Perform 1 Time(s) a Day

5



PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Maintain pelvic neutral position the entire time.

Repeat 4 Times
 Hold 20 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day

2



CHILD POSE - PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and/or buttocks.

Repeat 10 Times
 Hold 10 Seconds
 Complete 4 Sets
 Perform 1 Time(s) a Day

6



BRIDGING ELASTIC BAND ABDUCTION

While lying on your back, place an elastic band around your knees and pull your knees apart. Hold this and then tighten your lower abdominals, squeeze your buttocks and raise your buttocks off the floor/bed as creating a "Bridge" with your body.

Repeat 10 Times
 Hold 5 Seconds
 Complete 4 Sets
 Perform 1 Time(s) a Day

3

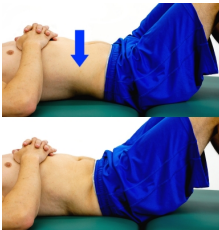


SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, hold your knee and gently pull it up towards your chest.

Repeat 4 Times
 Hold 20 Seconds
 Complete 4 Sets
 Perform 1 Time(s) a Day

7



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 3 Seconds
 Complete 4 Sets
 Perform 1 Time(s) a Day

4



PRESS UPS

Lying face down, slowly press up and arch your back using your arms.

Repeat 4 Times
 Hold 20 Seconds
 Complete 4 Sets
 Perform 1 Time(s) a Day

8



QUADRUPED ALTERNATE ARM AND LEG - BIRD DOG

While in a crawling position, brace at your abdominals and then slowly lift a leg and opposite arm upwards. Lower leg and arm down and then repeat with opposite side.

Repeat 10 Times
 Hold 3 Seconds
 Complete 4 Sets
 Perform 1 Time(s) a Day

Maintain a level and stable pelvis and spine the entire time.



4way Straight Leg Raises

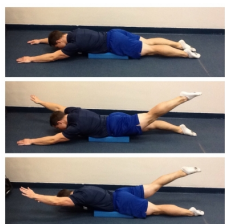
Repeat 10 Times
 Hold 5 Seconds
 Complete 4 Sets
 Perform 1 Time(s) a Day

Position 1: Lying on your back, bend one knee for stabilization and straighten out the other leg. Contract your quads on the straight leg and raise to the bent knee's height. Hold this position for the designated amount of time.

Position 2: Lying on your side, bend the bottom knee for stabilization and straighten out the other leg. Raise the top leg and extend from the hips so the leg is a bit behind your trunk, feeling the glutes contract. Hold for the designated amount of time.

Position 3: Lying on your stomach, squeeze the glutes before raising the leg just enough to clear the knee from the mat. Be careful not to extend from the lumbar spine so as to not let the hip bone leave the mat by rotating outward. Hold for the designated amount of time.

Position 4: Lying on your side, cross the top leg over, foot flat, for stabilization. Raise the bottom leg up straight, feeling the inner thigh/adductor muscles at work. Hold for the designated amount of time.



Repeat 10 Times
 Hold 3 Seconds
 Complete 4 Sets
 Perform 1 Time(s) a Day

Alternating supermans:

- 1) Begin with a pad under torso and lay flat with arms and legs fully extended.
- 2) Next raise/extended opposite arm and opposite leg while maintaining neutral cervical spine.
- 3) Return to the starting position and repeat with opposite limbs.
- 4) Remember to breath during the movements and do not compensate through shoulder shrugging or arching through your back.