

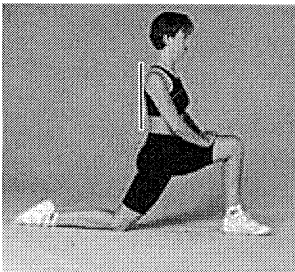
Cat / Camel

On hands and knees.
Let stomach muscles relax and spine sag down.
Suck stomach muscles up and in and arch spine up toward the ceiling like a 'mad cat'.
Lower back down and repeat.
Move within your pain free range of motion.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

Notes:



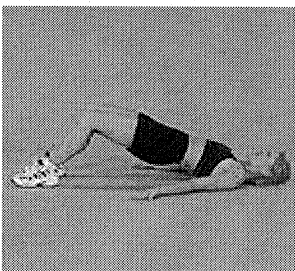
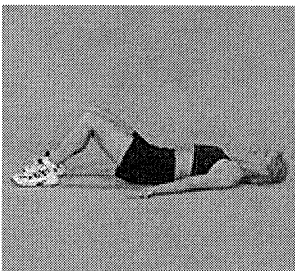
Hip Flexors / Low Lunge

Down on one knee in a lunge position so that knees remain shoulder width apart, back toe is turned inward and shin is on the floor.
Lunge position should be long enough so that the front knee should not bend past 90°.
Keep upper body square and upright and gently tuck pelvis under to feel a stretch in the front of the hip and thigh.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

Notes:



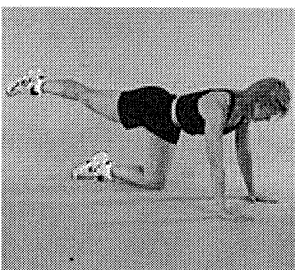
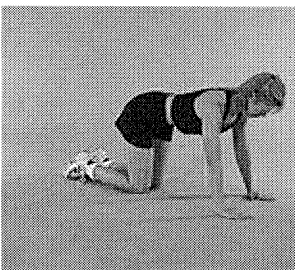
Bridge

Lie on back with knees bent and feet flat on the floor.
Place arms 45° at sides with palms up.
From a pelvic tilt position and maintaining abdominal hollowing, squeeze buttocks and slowly raise pelvis up off floor into a bridge position.
Shoulder blades should remain on floor.
Hold at end position, then lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

Notes:



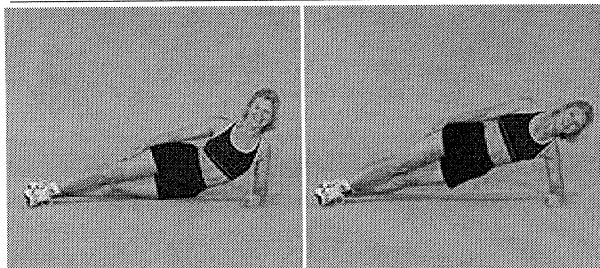
Leg Extension Quadruped

On hands and knees, maintain abdominal hollow and keep back flat.
Extend one leg behind until parallel with floor, keeping upper body stable.
Return knee to floor and alternate.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
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29 30 31

Notes:



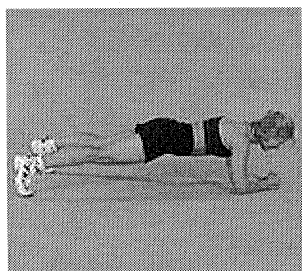
Side Bridge - Forearm

Lying on side with legs out straight (feet staggered) keeping, hip and shoulder in line.
Support upper body on forearm, placing elbow directly under shoulder.
Raise hip up off floor and hold.
Avoid rotating forward or backward.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
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29 30 31

Notes:



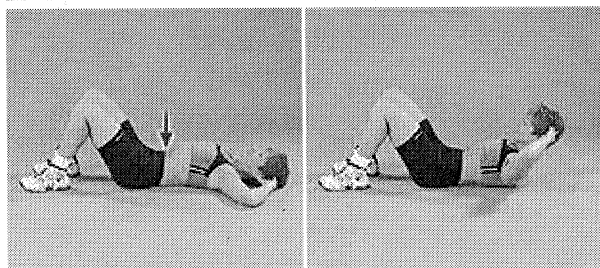
Plank - Feet Wide

Support body in a plank position with forearms shoulder width apart and feet wide apart. Keep a straight line through the knee, hip and shoulder. Maintain contraction of the transverse abdominal. (suck abs in against gravity)

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
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Notes:



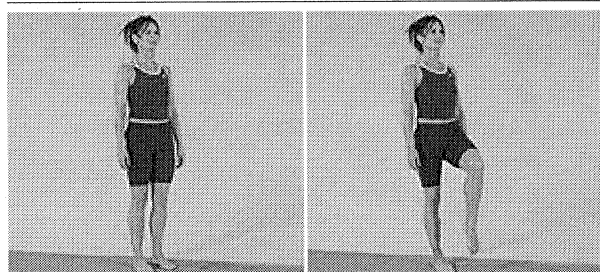
Abdominal Crunches

Lying on back with knees bent, feet flat on the floor and hands resting behind head.
Suck stomach in to curl body up until shoulder blades are off floor.
Keep stomach sucked in as you lower back down.
Keep chin in neutral, elbows back and do not pull on head.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
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Notes:



One Legged Standing

Standing in readiness position, close to a wall or within a doorway.
Raise one leg up in front and hold balanced.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

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Notes: