

1

BIRD DOG



QUADRUPED ALTERNATE ARM AND LEG:

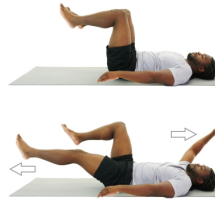
While in a crawling position, tighten/brace at your abdominal muscles and then slowly lift a leg and opposite arm upwards. Your hip will move into hip extension on the way up. Lower leg and arm down and then repeat with opposite side.

Repeat 15 Times
Hold 3 Seconds
Complete 3 Sets
Perform 2 Times a Day

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

4

DEAD BUG



While lying on your back with your knees and hips bent to 90 degrees, use your stomach muscles and maintain pelvic neutral position. Do not allow your spine to move.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Times a Day

Hold pelvic neutral and then slowly straighten out a leg without touching the floor. At the same time raise an opposite arm over head. Do not allow your spine to arch during this movement.

Return to starting position and then repeat on the opposite side.

2

HEEL BRIDGING

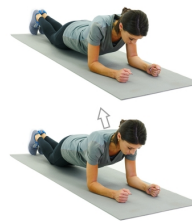


While lying on your back, tighten your lower abdominal muscles, squeeze your buttocks, lift your toes and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. You should be pressing through your heels the entire time.

Repeat 15 Times
Hold 3 Seconds
Complete 3 Sets
Perform 2 Times a Day

5

MODIFIED PLANK PLUS



Perform a plank on your knees and elbows as shown and sustain the hold. While holding this position, protract your shoulder blades forward to raise up a few more inches and then return to original position and repeat.

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 2 Times a Day

3

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 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 2 Times a Day

6



BOSU - BRIDGE SINGLE LEG

While lying on your back with your feet planted on top of the Bosu and knees bent, lift up your buttocks and then straighten one knee in the air as shown.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day

Next, perform on the other leg. Can be performed with or without Bosu ball.

7



BRACE - SINGLE KNEE EXTENSION SUPPORTED

Start by lying on your back with your knees bent. Then, brace / tighten your abdominal muscles so that your spine does not move while you straighten out one leg over the ground as shown. Return your leg to starting position and then perform on the other side.

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 1 Times a Day

Use your abdominal muscles to prevent your spine from moving the entire time.

8



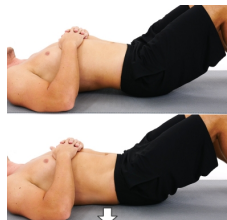
COBRA - ON ELBOWS - YOGA

Start by lying on your stomach with your palms facing the floor and elbows bent by your side. Raise up your head and then trunk incrementally. Allow your arms to assist in raising up as needed. Hold this position, then lower back down and repeat.

Repeat 10 Times
Hold 15 Seconds
Complete 3 Sets
Perform 2 Times a Day

Slow deep diaphragm breathing the entire time.

9



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 3 Sets
Perform 2 Times a Day