



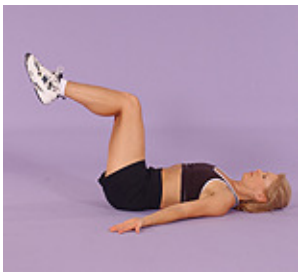
Abdominal Hollow / Leg Drag

Lying on back with knees bent and feet flat on floor. Slowly straighten one leg out along floor while maintaining an abdominal hollow. Slide leg up to starting position and alternate.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 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:



Pelvic Rotations 90/90

Lying on back with knees bent 90° and feet in the air. Arms 45° at sides with palms up and maintaining an abdominal hollow. Slowly rotate lower body to one side, to approx. 45° angle. Return to start position and repeat on opposite side.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 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:

Use abdominals to control motion.



PNF Pattern Bilat 'Sword'

Stand with hands crossed in front of body, hands closed. Bring hands up over head opening hands and pointing thumbs back.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 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:



'Apleys' Shoulder Position

Holding a broomstick or towel, place one hand up behind head and opposite arm behind back. Walk hands together as far as comfortable and hold.

Sets:	2
Reps:	3
Weight:	
Hold:	10 sec
Rest:	30-60
daily	

- 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:



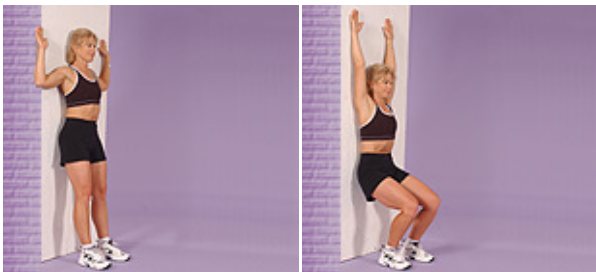
Shoulder Extension - Standing

Standing holding a cane or broomstick behind back. Slowly raise stick away from back keeping elbows straight. Lower with control and repeat.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 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:



Wall Slide / Arm Elevation

Stand with back against a wall with head touching wall and chin tucked in. Place feet a few inches away from the wall and raise arms above head. Squat body down the wall keeping arms elevated. Actively exhale while performing squat to feel a stretch in the mid back.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 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:



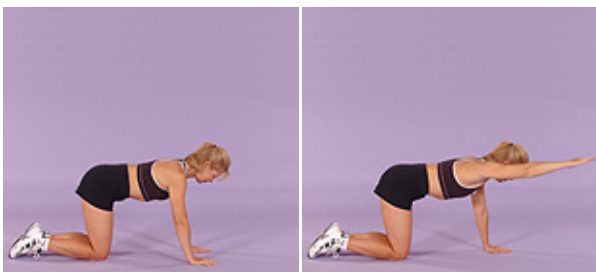
Superman

Lying on stomach with arms over head and thumbs pointing up to ceiling. Maintain a slight chin tuck position (avoid looking up with head) and raise chest slightly up off the floor. Hold, lower and repeat.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 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:



Arm Raises Quadruped

On hands and knees, maintain abdominal hollow and keep back flat. Slowly raise one arm out in front until parallel with floor, keeping rest of body stable. Lower arm to floor and alternate.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 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:



Spinal Twist Quadruped

On hands and knees, maintain abdominal hollow and keep back flat.
Rotate trunk and raise one arm up as though to reach to the ceiling.
Lower arm to floor and alternate.

Notes:

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 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



Bridge With Adduction

Lying on back with knees bent and feet flat on the floor, arms at the sides with palms up.
Place small ball between knees.
Maintaining pressure on the ball, as well as maintaining an abdominal hollow, squeeze the buttocks to slowly raise pelvis up off floor into a bridge position.
Shoulder blades should remain on floor.
Hold at end position, then lower and repeat.

Notes:

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 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



Plank to Side Bridge - Forearms

Support body in a plank position on forearms with feet shoulder width apart. Keep a straight line through the knee, hip and shoulder. Maintain contraction of the transverse abdominal (abdominal hollow) throughout exercise. Turn body as a unit into a side bridge position by pivoting on the feet and shifting weight over one shoulder. Hold, return to plank and alternate sides.

Notes:

Sets:	2
Reps:	3
Weight:	
Hold:	10 sec
Rest:	30-60
daily	

- 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



Static Lunges

Step forward, longer than a normal stride.
Lower body straight down until back knee almost touches floor, front knee should not bend past 90°.
Keep upper body tall, avoid leaning forward.
Lift up and repeat, maintaining the lunge stance.

Notes:

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 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