



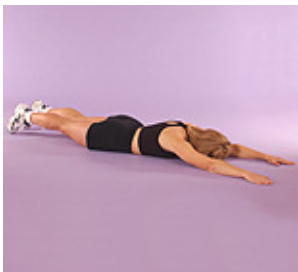
Quadruped Arm Raise / Leg Drag

On hands and knees on the floor.
Slowly raise one arm up over head and straighten opposite leg out behind while keeping toe on floor. Keep spine level, chin tucked and maintain an abdominal hollow throughout the movement.

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

Notes:

- 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



Leg / Arm Raise - Prone

Lie face down with a towel or pillow under pelvis. Maintaining abdominal hollow, slowly raise one leg and the opposite arm up off the floor and hold. Lower arm and leg back to floor and alternate.

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

Notes:

- 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



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

Notes:

- 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



Chest Raise

Lying on stomach with arms at sides 45°, rotate palms outward so that thumbs point to ceiling. Maintaining a slight chin tuck position (avoid looking up with head) squeeze mid back and raise chest up off the floor. Hold, lower and repeat.

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

Notes:

- 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



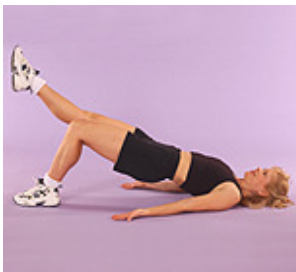
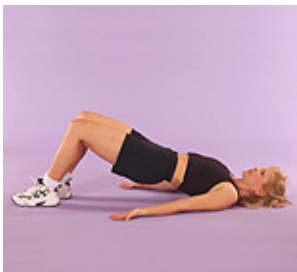
Bridge

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:



Bridge Leg Extension

Holding the bridge position, maintain pelvic tilt and abdominal hollow. Slowly raise and extend one leg out until it is straight, keeping pelvis level. Lower foot back 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
- 22 23 24 25 26 27 28
- 29 30 31

Notes: