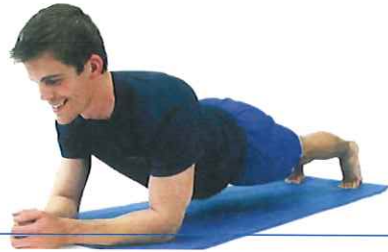


GLUTE BRIDGE

Laying on back in supine position, raise the knees bringing feet closer to the buttocks until in a comfortable position. Raise hips off the surface of the ground/table and squeeze the gluteus muscles keeping the abdominal muscles tight as well. Then slowly come back towards the ground/table. To increase intensity, apply an elastic band around the knees.

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



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.

Repeat 10 Times
 Hold 5 Seconds
 Complete 3 Sets
 Perform 2 Time(s) a Day



LATERAL PLANK

While lying on your side, lift your body up on your elbow and feet. Try and maintain a straight spine. Be sure to perform on both sides.

Repeat 10 Times
 Hold 1 Second
 Complete 3 Sets
 Perform 2 Time(s) a Day



PRONE ON ELBOWS

Lying face down, slowly press up and prop yourself up on your elbows.

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



QUADRUPED EXTENSION

Start on hands and knees with the hands directly under the shoulders and the knees directly under the hips. Tighten/activate the abdominals. Reach long with the leg and opposite arm as shown. Do not allow trunk rotation.

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