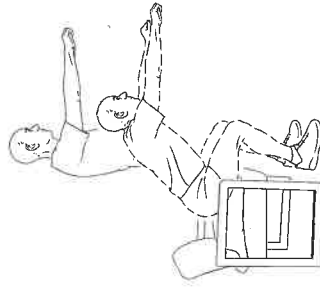


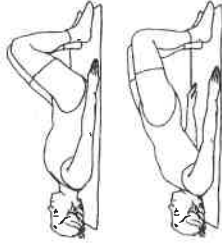
LEGS - Chair Squats



Stand with feet shoulder width apart. Push buttocks down/back and lower slowly in to chair. Then push through feet to return to standing.

Do 1-2 sets of 15-20 reps

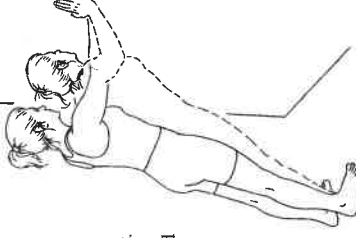
ABS/BACK OF BODY - Bridge



Lying face up, knees bent/feet flat. Keeping abs tight, slowly raise hips to form a straight line between shoulders/hips/knees. Hold 5 seconds, then slowly lower to start.

Do 1-2 sets of 12-15 reps.

CHEST/SHOULDERS/ARMS - Wall Push-Up



Hands slightly wider than shoulder width, feet about 2 ft. from wall. Keeping body straight, elbows in close, bend arms and bring chest toward wall, then push back to start.

Do 1-2 sets of 15-20 reps.

OUTER HIP - Side-Lying Hip Abduction



Keeping abs tight and foot parallel to floor, lift top leg slightly higher than parallel. Pause briefly, then slowly lower. Keep hips stacked and knee locked.

Do 1-2 sets of 15-20 reps each side.

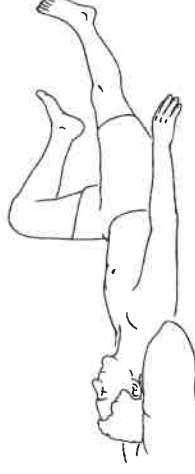
INNER THIGH - Side-Lying Hip Adduction



Tighten muscles on front of right thigh, then lift leg 6-8 inches from surface, keeping knee locked. Pause briefly, then lower to start. Keep abs tight and foot parallel to floor.

Do 1-2 sets of 15-20 reps each side.

TRUNK STABILITY - Pelvic Tilt Hold with Alternating Single Leg Reach



Tighten abdominals to flatten lower back and bring both legs in air with knees bent. Keeping back flat, reach one leg out as far as possible, then return to start. Repeat with other leg. Continue alternating and do 2 sets of 5-10 reps per leg.

ABDOMINALS - Supine Lower Trunk Rotation



Legs in air with knees bent, feet and knees together, arms outstretched. Using abdominals, slowly rotate pelvis/legs from side-to-side.

Do 1-2 sets of 8-12 reps each side.

TRUNK STABILITY - Bird Dog



On all fours. Keeping abdominals tight, reach opposite arm/leg out parallel to floor. Hold 2-3 seconds, then return to start. Repeat 8-12 times. Repeat on other side. Keep trunk rigid.

Do 1-2 sets on each side.

SUPINE - 14 Angels in the Snow: Double Arm



Arms near sides, palms up. Press both arms lightly into floor, slide arms out to side as far as possible keeping arms in contact with floor. At maximal position, lengthen arms. Hold 5 seconds. Relax.

Slide arms back to start. Repeat 6-8 times.