

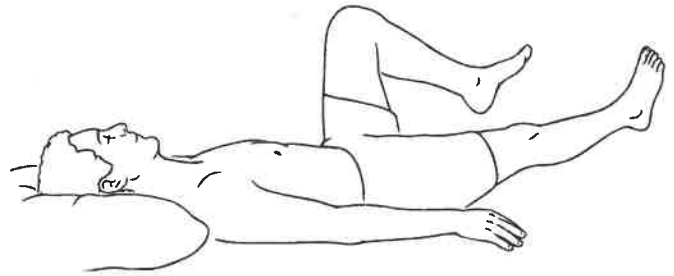
INSTRUCTIONS:

Do these exercises as a circuit. Perform each exercise for 1-2 minutes, then rest for 15-30 seconds before moving to the next exercise.

Start with 1-2 rounds and work up to 3-4 rounds.

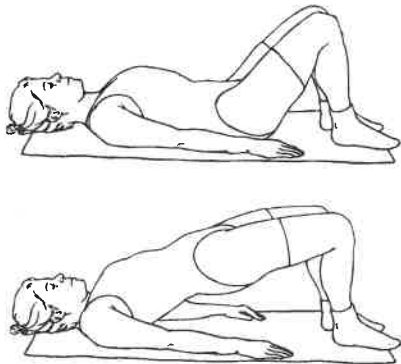
ABDOMINALS -

Pelvic Tilt Hold w/Alternating Single Leg Reach



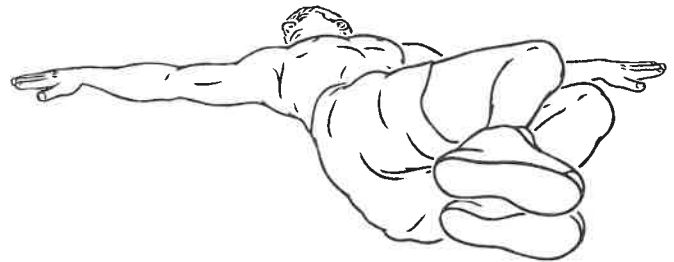
Holding a pelvic tilt with legs in tabletop. Slowly reach one leg as far as pelvic tilt can be maintained, then return to start. Repeat with other leg.

ABS/BACK OF BODY - Bridge



Lying face up, knees bent/feet flat. Keeping abs tight, slowly pull up to a bridge position (connect with glutes, hamstrings, low back, shoulder blades). Hold 2 seconds, then slowly lower to start (avoid touching buttocks to floor).

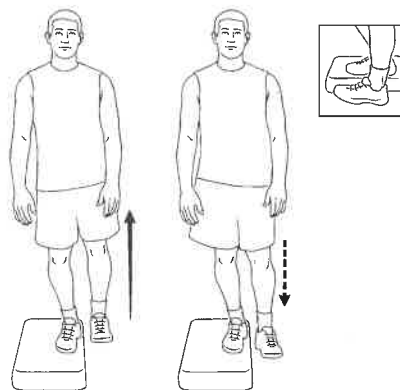
ABDOMINALS - Supine Lower Trunk Rotation



Lying face up with legs in air, knees bent, arms out to side. Controlling movement with abdominal, slowly roll pelvis/legs from side-to-side.

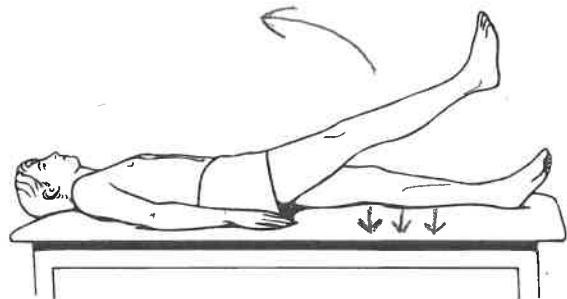
LATERAL TRUNK - Standing Hip Hike

Do this on the floor or on a step. Keeping legs straight, hike pelvis slightly to lift one foot off the floor. Hold 2-3 seconds, then lower to start.



HIP / KNEE -

Opposite Leg Pull/Pressdown



Both legs straight. Raise one leg and pull as if trying to touch an imaginary wall behind you. At the same time, press other leg down in to surface. Gradually increase tension until you're at max tension. Hold 5 sec. Relax

Repeat on other side.