



LAZY CRUNCHES



Lie on your back with your feet flat against the ground

With your arms lying down to your sides, slide them forward and try to touch your heels.

Lift your upper body and shoulders off the ground and flex the core

Slowly control the way back down to lying flat.

Repeat 20 Times

Complete 3 Sets

BIRDDOGS



While in a crawling position, tighten/brace at your abdominal muscles and then slowly lift a leg and opposite arm upwards. Your hip will move into hip extension on the way up. Lower leg and arm down and then repeat with opposite side.

Maintain a level and stable pelvis and spine the entire time.

Repeat 10 Times

Hold 3 Seconds

Complete 3 Sets

AB MARCHING



Lie on your back with knees bent

Flatten your pelvis and low back down to the floor

Brace and hold this position as you raise up one leg at a time to TABLE TOP position as shown.

Your hips and knees should be bent to approximately 90 degree angles. Do not allow your low back to arch upwards for the entire exercise.

Next, lower one leg down close to touching the floor.

Return that leg to 90-90 position and then repeat on the other side.

Repeat 20 Times

Hold 1 Second

Complete 3 Sets



CAT CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like a stretching cat.

Next return to a lowered position and arch your back the opposite direction.

Repeat 10 Times

Hold 5 Seconds



SEATED HAMSTRING STRETCH

Sit near the front edge of a chair. Rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Maintain a straight spine the entire time. Bend through your hips.

Repeat 3 Times

Hold 20 Seconds

Perform 2 Times a Day



UPPER TRAP STRETCH - UT STRETCH

While sitting in a chair, hold the seat with one hand and place your other hand on your head to assist in bending your head to the side as shown.

Bend your head towards the opposite side of the hand that is holding the chair seat. You should feel a stretch to the side of your neck.

Repeat 3 Times

Hold 30 Seconds



COUNTER STRETCH - w/ CHAIR

Start by standing with your feet together and your hands on the back of a chair or counter top for support.

Next, lean forward for a gentle stretch to your low back/hamstrings.

Return up to starting position and repeat.

Repeat 3 Times

Hold 10 Seconds