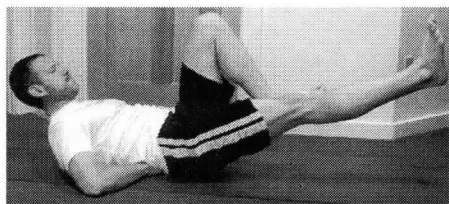


Curl-ups



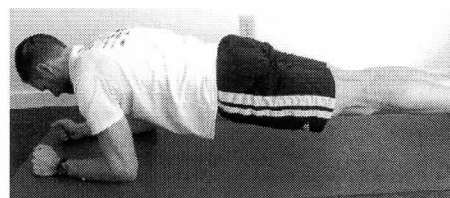
Lie on your back with one knee bent and your hands underneath the arch of your lower back. 1. Pull the belly button in such that you feel your spine press into your hands. 2. Brace all of the abs to lock this position in. 3. Pull even more with the abs to lift your chest (not your head) slightly towards the ceiling, just enough to lift your shoulders off the floor. You don't want to feel any spinal motion as you lift. If your neck hurts doing this, you can support your head with one hand. Hold for 5-10 seconds, relax and then repeat 2-5 times.

Curl-Up w/ Scissor Kicks



From the curl-up position, add alternating scissor kicks. Go slow and be sure to maintain control of the spine. You should not feel any motion happening in your spine where your hands are placed. Continue until you can no longer maintain spinal control, then stop. Do 1-3 sets in this manner.

Front Plank: 2nd Progression



Drop down into position as shown. Lower butt down until you form a straight line with your torso and legs. Brace your abs. Think about rotating the elbows in towards each other (without actually moving them.)

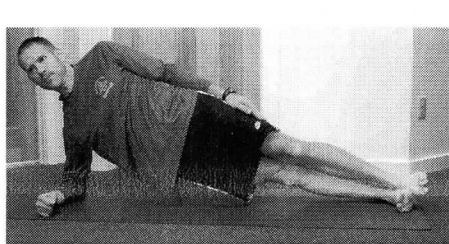
Hold until fatigued, up to 30 seconds. Do 1-3 sets.

Side Plank from Knees



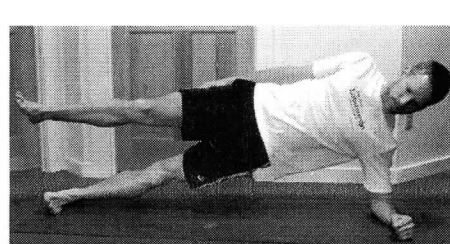
Lie on side with knees bent as pictured. Lift up your bottom hip and engage your core to maintain a rigid torso. Hold for 10-30 seconds. Repeat on other side. Do 1-2 sets on each side, alternating. When you can hold each side for 30 seconds with stability, go to the next progression.

Side Plank from Feet



Lie on side as pictured. Engage your core to maintain a rigid, straight torso. Hold for 10-30 seconds. Repeat on other side. Do 1-2 sets per side, alternating.

Side Plank Star



From the side plank position, simply lift the top leg up about 6 inches and hold. Focus on still not allowing your bottom hip to drop to the floor. Hold until fatigued, 10-60 seconds.

Bridging: 1st Progression



Lie on back with knees bent, arms at sides, and feet hip width and tucked in as close to your butt as possible. Keeping the abs lightly braced, lift the butt up into the air, hold for one second, and then return down. Be sure to squeeze the gluts as you raise. If you feel a cramp or spasm in the hamstring (back of thigh), you are probably not squeezing the glut enough.

Perform 10 per set for 2-3 sets.

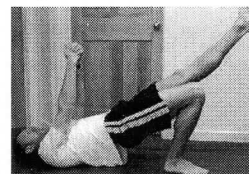
Bridging: 2nd Progression



Lie on back with knees bent, arms up over-head, and feet hip width and tucked in as close to your butt as possible. Lift your butt into the air as high as possible, hold for one second, and then return down. Be sure to squeeze the gluts as you raise, and make sure you are raising fully with each repeat. If you feel a cramp in your hamstring (back of thigh) you are probably not squeezing your glut enough.

Perform 10-15 reps x 2-3 sets.

Bridging: 3rd Progression



Lie on back with right knee bent, right foot tucked in close to butt, and left leg straight. Keeping abs lightly braced, lift butt up into the air as high as possible, hold for one sec., then return down. The left leg is not actively lifted (it's just along for the ride.) All of your focus should be squeezing the right glut to lift you up. Make sure you lift fully with each repeat.

Perform 10-15 per side x 2-3 sets.

Side Lunges

Place supplied theraband loop around ankles. This will be most comfortable with socks and with the band uninked width-side. Starting with feet slightly narrower than shoulder-width, lunge to the side as far as comfortable without being awkward. Focus on keeping your feet pointed straight (not allowing them to point out) and keeping the knees bent. Continue lunging across the room about 10-15 steps, then repeat back to starting point for one set. You can mix it up by stepping slightly forward or backwards as you go. Do 2-3 sets.



Dynamic Hip- Flexion

Stand with erect posture and abs engaged. Lift one leg forward as shown. Lift slowly up to the highest comfortable point, hold for just a moment, and then return down.

Repeat 10 times per side. Perform \_\_\_ sets on the LEFT and \_\_\_ sets on the RIGHT.



Dynamic Hip- Extension (Glut Max)

Stand with erect posture and abs engaged. Lift one leg straight back by squeezing the glut. Lift slowly as high as you can keeping the leg relatively straight. Hold for a moment and then return to starting point.

Repeat 10 times per side. Perform \_\_\_ sets on the LEFT and \_\_\_ sets on the RIGHT.

