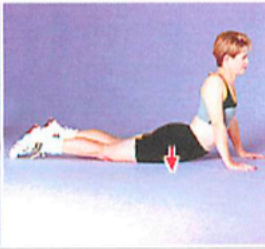
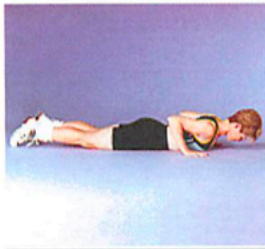


Bridge

Lie on back with knees bent and feet flat on the floor. Place arms 45° at sides with palms up. From a pelvic tilt position and maintaining abdominal hollowing, squeeze buttocks and slowly raise pelvis up off floor into a bridge position. Shoulder blades should remain on floor. Hold at end position, then lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

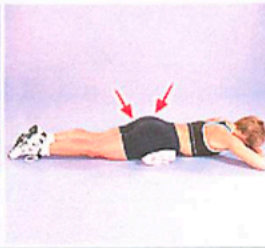
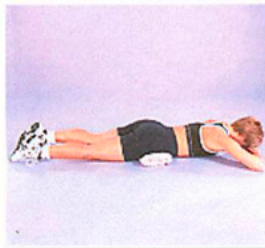


Prone Lumbar Extension

Lying on stomach, perform a "sloppy push up" by pushing upper body up off the floor and keeping pelvis on the floor. Try to straighten the elbows, letting spine sag and buttocks relax. Take a deep breath in, relax and lower upper body to floor and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Glut Set

Lying on stomach with a towel under pelvis. Slightly pelvic tilt into the floor, squeeze heels together and squeeze the buttocks. Hold, relax and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

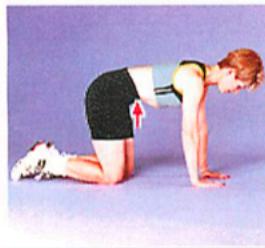


Prone Hip Extension Knee Bent

Lying on stomach with a pillow under pelvis. Bend one knee and squeeze buttocks to raise knee up off floor. Hold lower and repeat. Maintain an abdominal hollow throughout movement.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

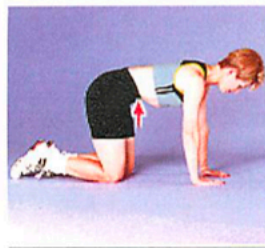


Arm Raises Quadruped

On hands and knees, maintain abdominal hollow and keep back flat. Slowly raise one arm out in front until parallel with floor, keeping rest of body stable. Lower arm to floor and alternate.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

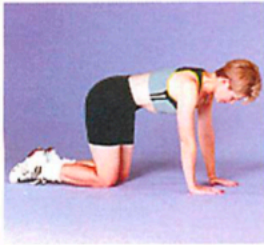


Lea Extension Quadruped

On hands and knees, maintain abdominal hollow and keep back flat. Extend one leg behind until parallel with floor, keeping upper body stable. Return knee to floor and alternate.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Cross Crawl Quadruped

On hands and knees, maintain abdominal hollow and keep back flat.
Slowly extend one leg behind while at the same time extending opposite arm out in front until parallel with floor. Keep trunk square and stable.
Return arm and leg to floor and alternate.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
	5 x/week

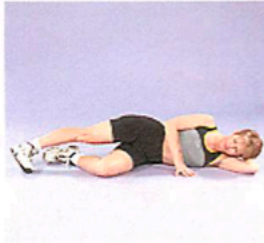


1/2 Side Bridge

Lying on one side with knees bent keeping knees, hip and shoulder in line.
Support upper body on elbow, placing elbow directly under shoulder.
Raise hip up off floor.
Avoid rotating forward or backward.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
	5 x/week



Hip Abduction Side Lying

Lying on one side, bend bottom knee up and keep top leg straight.
Slowly raise top leg up sideways (30° - 45°), keeping knee straight and toes pointing slightly downward.
Keep body and leg aligned and avoid hiking the hip.
Maintain an abdominal hollow throughout movement.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
	5 x/week



Lat Pull Downs in-front

Hold a piece of tubing above head height with elbows straight and palms facing forward.
Sit tall with chest up, keeping mid back tight and shoulder blades down.
Pull tubing down toward collarbone, squeezing through the mid back.
With control, return to starting position, keeping mid back tight.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
	4 x/week