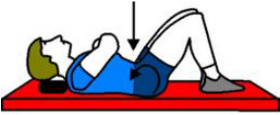


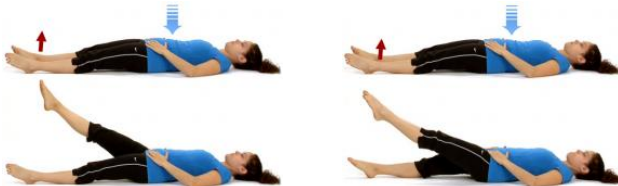
Notes:

1. Abdominal Contraction



- Pull on your stomach downward. Keep back flat on the floor. Breathe during contraction. Hold for 5 seconds and repeat 10 times. Do this exercise each night in bed to help with posture and low back support.

2. Abdominals Leg Raise



- Keep the abs tight and back flat on the floor. Keep your legs straight and tight. Raise one leg at a time alternately.

3. Hip Shoulders Flexion Extension



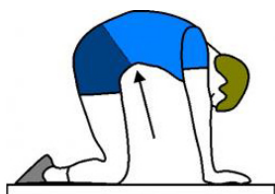
- Keep back straight and abs tight. Work leg with opposite arm. Alternated.

4. Leg Raise



- Keep your back straight and abs tight. Pull the knee under the body and lengthen the leg straight.
- Engage transverse abdominals.
- Focus on good posture ("3-Touch Points").
- Can also do with arms extended vertically directly under shoulders, shoulder width apart.

5. Cat / Abdominals



- On your four legs, pulling the stomach up while bending your back.

Notes:

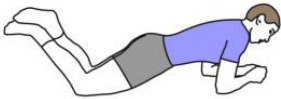
6. Superman / Trunk Stabilization

- Keep abs tight Elevated arm and with opposite leg



7. Front Plank On Knees

- Keep your back straight and abs tight . Keep the thighs aligned with the body. Breathe and hold contraction for at least 10 seconds. Work up to holding this for 30-60 sec durations.



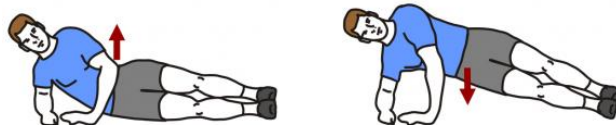
8. Prone plank

- Lying on stomach propped up on your forearms and feet tucked in.
- Lift up your body creating a straight line with your body.
- Lift one arm and the opposite leg up and then return.
- Repeat.



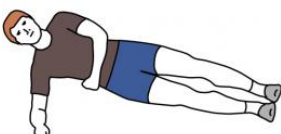
9. Hip Raise Side Plank

- Keep back straight and abs tight Keep legs aligned with your body



10. Side Plank

- Keep back straight and abs tight Keep legs aligned with your body



Notes:

11. Flexion



- Lie on your back with your hands on sides of your head (do not pull the head forward)
- Engage transverse abdominals (suck it in/suck it up)
- Keep one leg straight and off the floor while lift one leg off the floor while lifting the other leg and opposite shoulder towards each other.
- Repeat with the other side by straightening the leg and lowering the shoulder while lifting the other leg and opposite shoulder towards each other.

12. Leg Trunk Raise



- Keep back straight with legs Keep abs tight

13. Seated Medicine Ball Twist



- Keep abs tight Turn head

14. Lying Arms Lateral Rais



- Raise your arms up with upper back contraction Keep forehead on the floor

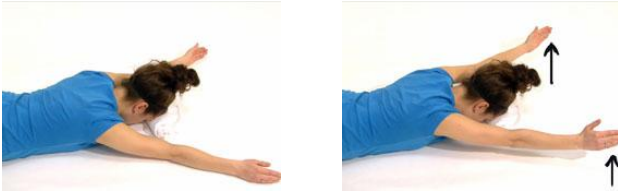
15. Arms Raise Lying On Stomach



- Place your arms on each side of you, elbows and shoulders at 90 degrees, your forehead on a roll towel. Raise your elbows bringing your shoulder blades together. Hold the position for a time by pulling your elbows up and forearms parallel to the floor. Repeat 10-15 times for 2 seconds each.

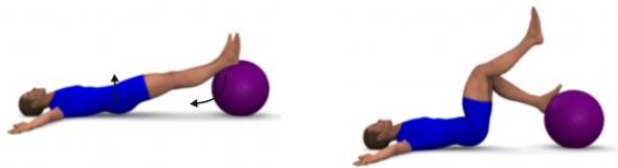
Notes:

16. Lying Arms Raise In "V"



- Lying on your stomach, rolled towel under your forehead, placing your arms straight in "V" shape on each side of your head Raise your arms and bring it back down

17. Leg Curl On Swiss Ball



- Keep your back straight and abs tight Maintaining pressure on the ball with your feet to keep the buttocks raised slightly

18. Hip Elevation / Adduction On Ball



- By raising the hip, put pressure on ball placed between your knees Buttocks contraction

19. Leg Raise / Abduction



- Keep the abdominals tight, back straight and the leg aligned with the body Keep knees slightly bent

20. Leg Raise / Hip Extension



- Lying on your stomach, bend the knee to 90 degrees and raise the thigh Contract the glutes Keep abs tight Optional, place a cushion at the hip

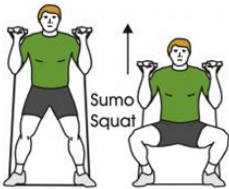
Notes:

21. flexion



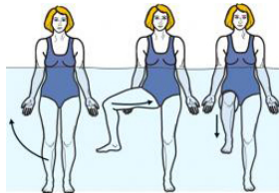
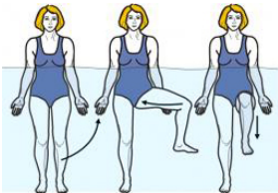
- Place feet shoulder width apart with feet facing straight forward
- Perform a full squat while pushing knees apart against the elastic
- Return to starting position

22. Sumo Squat



- Keep back straight, chest out, head up and abs tight Wide stance and open feet.
- NOTE: Do not let knees go farther than toes. Keep the weight through your heels.

23. Alternated Hip Rotation



- Keep back straight and abs tight

Notes:



Exercise#1 : Page 1 REN8856 Abdominal Contraction



Exercise#2 : Page 1 REN19314 Abdominals Leg Raise



Exercise#3 : Page 1 REN10838 Hip Shoulders Flexion Extensio



Exercise#4 : Page 1 REN19288 Leg Raise



Exercise#5 : Page 1 REN8855 Cat / Abdominals



Exercise#6 : Page 2 REN10559 Superman / Trunk Stabilization



Exercise#7 : Page 2 REN19366 Front Plank On Knees



Exercise#8 : Page 2 XGEN2185 Prone stability plank (bridge) with contralat arm / leg lift



Exercise#9 : Page 2 REN19302 Hip Raise Side Plank



Exercise#10 : Page 2 REN13861 Side Plank



Exercise#11 : Page 3 XGEN1400 Supine lying abdominal criss-cross crunch (elbow to knee)



Exercise#12 : Page 3 REN10778 Leg Trunk Raise



Exercise#13 : Page 3 REN8685 Lying Down Medicine Ball Twist



Exercise#14 : Page 3 REN9363 Lying Arms Lateral Rais



Exercise#15 : Page 3 REN19550 Arms Raise Lying On Stomach

Notes:



Exercise#16 : Page 4 REN19976 Lying Arms Raise In "V"



Exercise#17 : Page 4 REN10828 Leg Curl On Swiss Ball



Exercise#18 : Page 4 REN10821 Hip Elevation / Adduction On Ball



Exercise#19 : Page 4 REN19304 Leg Raise / Abduction



Exercise#20 : Page 4 REN9637 Leg Raise / Hip Extension



Exercise#21 : Page 5 XGEN1702 Standing stability hip, knee, ankle flexion, extension with knee abduction with elastic (squats)



Exercise#22 : Page 5 REN10719 Sumo Squat



Exercise#23 : Page 5 REN10608 Alternated Hip Rotation