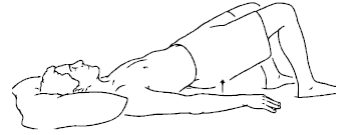


CORE STRENGTH

TRUNK STABILITY – Bridging

Slowly raise buttocks from floor, keeping stomach tight.

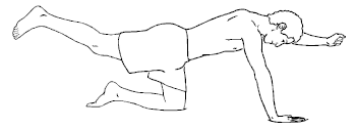
Repeat 10-20 times per set. Do 1-2 sets per session. Do 1 session per day.



TRUNK STABILITY - Upper / Lower Extremity Extension (All-Fours)

Tighten stomach and raise right leg and opposite arm. Keep trunk rigid. Switch sides.

Repeat 10 times per set. Do 1-2 sets per session. Do 1 session per day.



TRUNK STABILITY - Backward Lean (Kneeling)

Slowly lean back, keeping stomach tight and trunk rigid. You should feel it in your belly and not your low back.

Repeat 10-20 times per set. Do 1-2 sets per session. Do 1 session per day.



SPINAL MOBILIZATION - Lumbar Rotation

Feet and knees together, arms outstretched, bring knees toward chest. Rotate knees to right, turning head in opposite direction until stretch is felt. Hold 5 seconds. Relax.

Repeat 10 times per set. Do 1-2 sets per session. Do 1 session per day.



PELVIC STABILITY - Pelvic Tilt

Flatten back by tightening stomach muscles and buttocks.

Repeat 20 times per set. Do 1-2 sets per session. Do 1 session per day.



CORE STRENGTH - Curl-Up

Keeping hands clasped behind head to support neck, tilt pelvis to flatten back. Raise head and shoulders from surface.

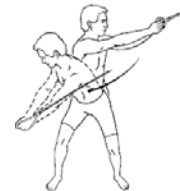
Repeat 10-20 times per set. Do 1-2 sets per session. Do 1 session per day.



CORE STRENGTH - Lumbar Diagonal Rotation: Resisted (Standing 1)

With right side toward anchor, reach up and out to side. Bend body, rotating down to other side.

Repeat 10-20 times per set. Do 1-2 sets per session. Do 1 session per day.



CORE - Lumbar Diagonal Rotation: Resisted (Standing 2)

With right side toward anchor, feet slightly offset, reach down across body. Straighten upper

body, rotating up to other side.

Repeat 10-20 times per set. Do 1-2 sets per session. Do 1 session per day.



CORE BALANCE - Gymball: Sit / Balance
Sit and balance on ball. Hold for 30 seconds.
Repeat 10 times per set. Do 1 set per session.



CORE STRENGTH - Rotation: With Tubing (Sitting)
Sitting, left side to anchor, hold tubing with arms across chest. Rotate trunk away.
Switch sides.
Repeat 15 times. Repeat from other side for set. Do 1 set per session.



CORE STRENGTH - Gymball: Hip Hinge (Double Leg)
From sitting, roll out so ball supports shoulder blades, back straight, knees over ankles. Lower and raise hips, keeping back straight.
Repeat 20 times per set. Rest 30 seconds after set. Do 1-2 sets per session.

