



Cat / Camel

On hands and knees.
Let stomach muscles relax and spine sag down as you exhale.
Suck stomach muscles up and in and arch spine up toward the ceiling like a 'mad cat' while inhaling.
Lower back down and repeat.
Move within your pain free range of motion.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes:



Leg 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.

To improve core recruitment and spinal stabilization

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes:



Bridge

Lie on back with knees bent and feet flat on the floor.
Place arms 45° at sides with palms up.
Neutral spine maintaining abdominal bracing, 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.
Start this exercise with no movement, just hold the second position.
To strengthen the muscles of the core and improve glute recruitment.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes:



Backward Lunge

Start by standing straight up. Then take a step back while bending front knee. Return and repeat

To improve single leg strength and proprioception

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes:



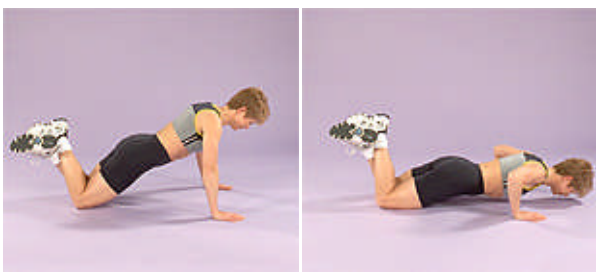
Wall Slide / Arm Elevation

Stand with back against a wall with head touching wall and chin tucked in. Place feet a few inches away from the wall and raise arms above head. Squat body down the wall keeping arms elevated. Keep low back flat on wall with just a finger space. Actively exhale while performing squat to feel a stretch in the mid back.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes:



Knee Push Ups

From a knee push up position. Lower body down to floor. Press up to return to start position. Maintain abdominal hollow and neutral spinal alignment throughout movement.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes:



One leg Squat

Place 1 leg on a bench or ball
The front foot should be place shoulder width and far out enough to allow a comfortable squat
Keep a neutral spine, braced core and go down as far as comfortable.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes:



Side Band walking w/int rot of hips

Point toes inward and step sideways in a controlled fashion. Do not hike the hips or waddle.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes:



Foam Roller DB Press

lying on a foam roller perform a standard dumbbell press
keep feet shoulder width apart
maintain neutral spine

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes:



DB Front Squat

Hold DB in front of your chin
perform squat making sure back is flat and
chest is out

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes:



Supine Bridge Leg Curl

Lying on back with heels on ball and knees
straight. Arms 45° at sides with palms up for
stability. Press heels into ball to bridge pelvis
and low back up off floor (keep shoulder
blades on floor). Maintaining bridge position,
perform hamstring curls by pulling ball in
toward buttocks.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes:



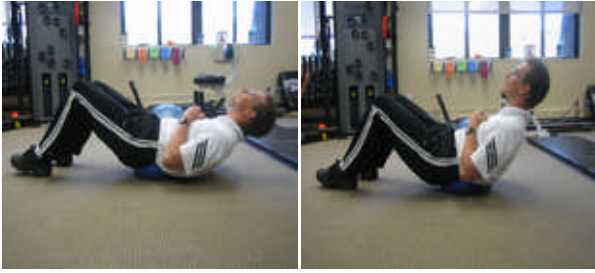
Plank

On elbows and toes keep spine neutral hold
trunk off floor
Do not let Low back drop, Shoulders shrug
Upper back round.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes:



Crunch on dyna disc

Place dyna disc under low back. The closer to the tail bone the more difficult. Start with back off the floor, crunch up and return to start. Crunch by shifting the air not by flexing your spine. Dont come too far up. Aviod touching the floor.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes:



transverse chop

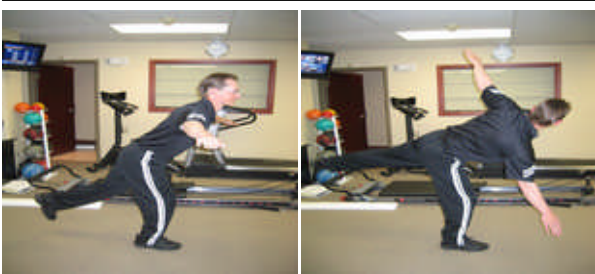
Keeping abdominals tight and back straight. Twist from your trunk while pulling through with your arms. Repeat

To strengthen the core and improve thoracic mobility.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
	2x/day

- 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

Notes:



Standing Airplane

Standing with feet together, raise arms out to each side while bending at the hip on one leg keeping it slightly bent. Once desired forward bend is achieved, twist body to the side of the extended leg. Return back to bent position then back to standing position. Repeat

To improve single leg strength, core stability, and proprioception.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 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

Notes: