



Cat/Camel

Hands under shoulders, knees under hips. Lift head and chest and let stomach sink. Then round the back and bring head and hips together. Avoid bending elbows and moving body forward and 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:



Supine Bridge

Start on back, arms at side, knees bent, feet flat on the floor. Squeeze butt throughout the movement going up as high as the glutes take you. lower under control to a point just above ground, then repeat.

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:



Quadrupedal arm-leg raise

start on all fours, knees under hips, hands under shoulders. Brace the stomach, squeeze the glutes. press the heel straight back to straighten the leg while keeping the torso level and spine neutral. Balance a book on your back to insure proper form.

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:



Sphinx

Lie on your stomach propped up on your elbows. Inhale and round your middle back towards the ceiling. Exhale and imagine a string on top of your head elongating your spine. At the same time allow your chest to drop towards the floor. Keep your chin tucked in and neck straight.

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:



Bent Over Rows

Standing, 1/2 bent forward at the waist, keeping knees bent (can also bend one knee up on a bench).

With weight hanging down in front, keep shoulder blades squeezed back, and elbow slightly bent.

Pull weight up toward side of chest keeping elbow tight to side of body. Repeat. Avoid twisting body.

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:



Standing side raise

Standing with a dumbbell in each hand keeping palms neutral. Raise the weights keeping palms in a neutral position. Do not go higher than shoulder level.

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:



Sumo Squat

Standing with legs slightly wider than the shoulders. Hold a dumbbell between the legs and squat down keeping the spine neutral.

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 plane with band
 Keeping abdominas tight and back straight.
 Twist from the trunk while pulling through with
 ams. Repeat.

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:

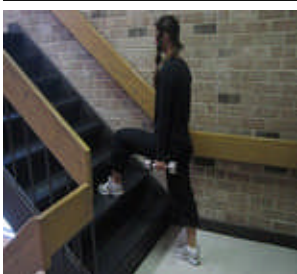


Standing Row
 Standing tall holding tubing out in front of body
 at stomach level.
 Slowly pull tubing in toward stomach keeping
 shoulder blades back and down and elbows
 close to body. Keep mid back tight while
 releasing tubing to start position.

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:



Double up stairs
 Go up 2 step on staircase while holding a
 dumbell in each hand. Keep abdominals tight.
 come down 1 at a time

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: