

**Hip Hinge**

A: Correct: Keep spine straight by hinging at the hips.

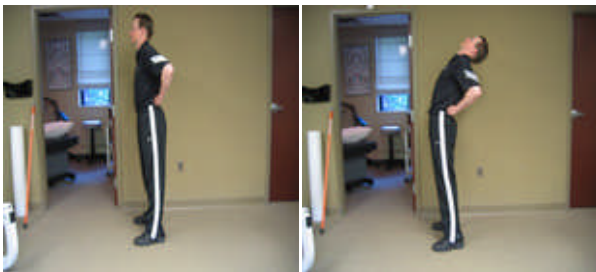
B: Incorrect: Spine bends forward putting low back in a harmful position.

Hold pole against back of head and tail bone  
Once the pole breaks from the body clients not using their hips. Client may bend knees to get lower. Master this before doing any weights.  
This is not so much a test its just a way for you to see how poor bending mechanics are.

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:



**Back extensions**

Stand with your feet apart. Place both hands on your low back and lean back as far as possible. Don't bend your knees and move from your low back. Discontinue if you experience leg or low back pain.

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:



**Bird Dog**

On hands and knees maintain a neutral spine with abdominal brace. Extend the opposite arm and leg.

Keep hips level and do not use the lower back or hike the shoulders.

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:



**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:



**Bridge / Tubing**

Lie on back with knees bent and feet flat on the floor, with tubing or a belt around thighs.  
Place arms 45° at sides with palms up.  
Maintaining outward resistance into belt as well as maintaining abdominal brace and neutral spine. 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:	
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

To strengthen the muscles of the core, Glute Max, and Glute Medius.

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:



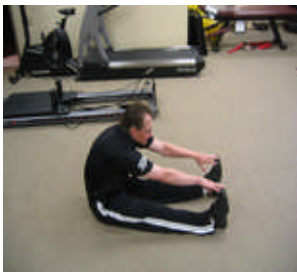
**Hip Lunge**

Keeping neutral spine lunge with back knee on floor.  
Keep torso upright and focus on stretching back leg.

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:



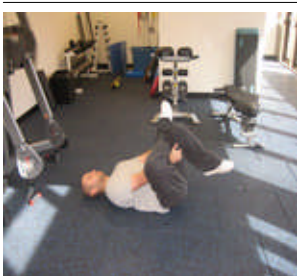
**Seated Hamstring Stretch**

Without bending at the knees, lean forward and try to touch your toes. Be sure not to round at the back as depicted in the first picture.

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:



**Glute/Piriformis Stretch**

Lying flat on your back place the leg you want to stretch across the knee as the opposite leg. Pull from behind the knee of the outside leg until you feel a comfortable stretch.

Sets:	
Reps:	
Weight:	
Hold:	
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: