



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:



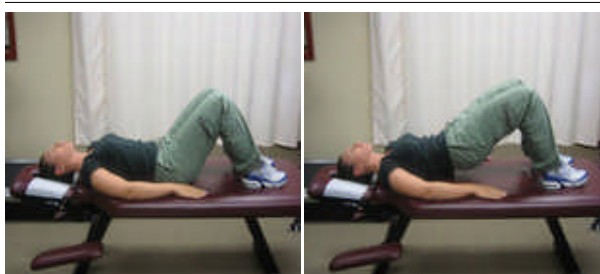
Cat/Camel

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:



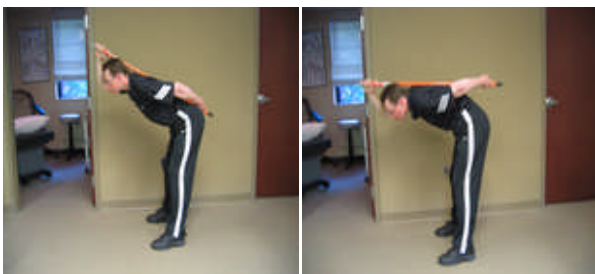
One legged standing on foam mat

Place one leg on foam mat and try to maintain balance.
Brace the core and maintain a neutral spine.
To improve single leg proprioception and balance.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
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- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
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Notes:



Hip Hinge

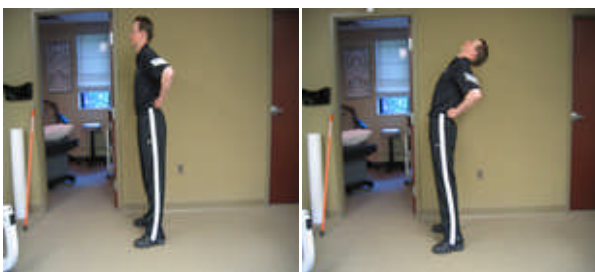
A: Correct: Keep spine straight by hinging at the hips.

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
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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: