



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:



Yoga Twist

Lay on back with arms straight out to the side, legs straight, one ankle over the other. Twist at the hips gently moving side to side. Do not force 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:



Side Twist

Start on side with head propped up by the hand
Torso and upper legs in a straight line, knees bent at 90 degree angle, opposite hand on floor in front of torso. Initiate the movement from the hips "flipping" the feet over through a comfortable ROM.

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:



Calf Stretch

Start in "pike" position, hips high. Place left foot behind right ankle with legs straight out. Press heel of right foot down to stretch hold for 1-2 seconds then go back up on your toe.

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:



Serratus Push-Up Plus

Start in a push up position (or on knees), allow shoulder blades to come together. Drop about 2 inches toward the floor. Protract shoulder blades to return to starting 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:



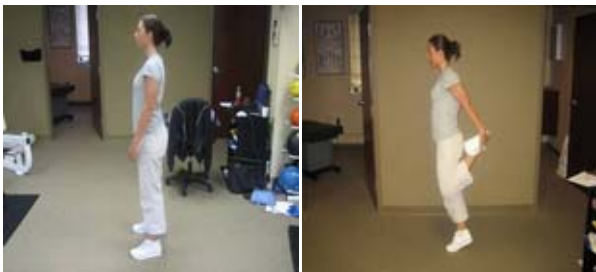
Windmills

Set up with a wide stance, upright torso. Rotate and flex at the hips reaching your right arm to left foot. Rythmically transition, with rotation to ight side with left arm. Keep neutral spine, focus on hip flexion rather than lumbar flexion.

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:



Pull-Back Butt Kicks

Take a step forward and curl one leg toward your glutes. Using the same hand actively pull heel into your glutes and come up on toes of opposite foot. Maintain good posture and don't allow leg to move too far to the side.

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:



Toy Soldier

Reach out in front of you and actively "kick" one foot up at a time toward your hands. Attempt to get your swing leg up to touch your opposite hand. Maintain good posture.

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:



Anterior-Posterior Leg Swings

Holding onto an immovable object, rhythmically swing thigh forward and backward, go further as you loosen up. Maintain good posture, chest out, shoulders back, and eyes looking straight ahead. Keep the movement around the hips.

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:



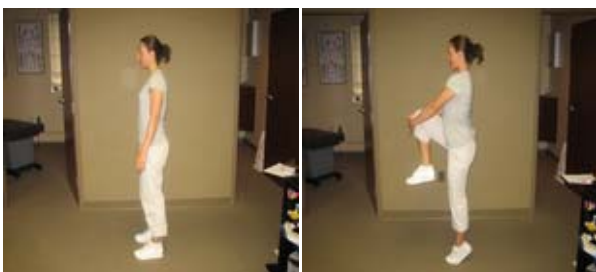
Reverse Warrior Lunge w/twist

Take a long stride backward into a lunge with knee just above the ground. Reach across front leg. Drive front heel to return to starting position. Make sure it is an exaggerated step backward and the back knee gets down sufficiently.

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:



High Knee Walks

Step forward and raise one knee. Actively pull knee up and in with both hands and come up on toes of opposite foot. Maintain good posture, avoid forward lean.

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: