



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:



Quadruped 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:



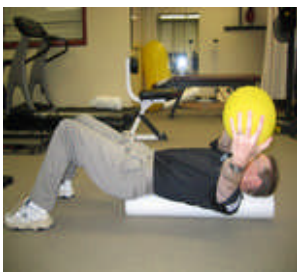
Plank on Foam Roller

Get into a plank position with foam roller under both elbows. Keep stomach tight and neutral spine. Hold.

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:



Med ball twist

Lie on foam roller with feet on the floor and holding med ball. With arms straight and keeping neutral spine and back on foam roller, move med ball from side to side. tip the hip with the shoulder to avoid twisting back. Return 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

Notes:



One Leg Kettle Bell Hip Hinge

Stand with feet shoulder width apart
slightly bent knees
lean forward from the hip on one leg
be sure to fire the glute and maintain a 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:



Hip flexor med ball pick up

Bend at the knees. Stick tail out so you do not round at the 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:



Corkscrew

With med ball, extend left leg back while twisting trunk to the right. Raise left leg with knee up and twist trunk to the left. Return to starting position. Repeat with opposite leg. Maintain neutral spine through entire 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:



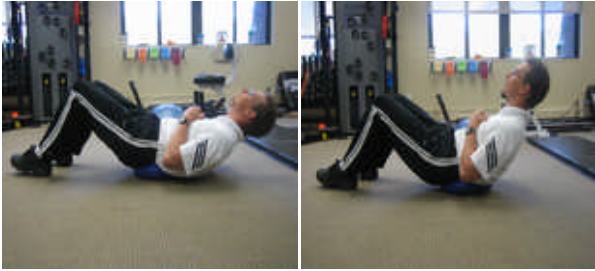
upward cable chop

Keeping abdominals tight and neutral spine. Twist from trunk while pulling arms upward. Move through the hips and dont twist the low back. 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:



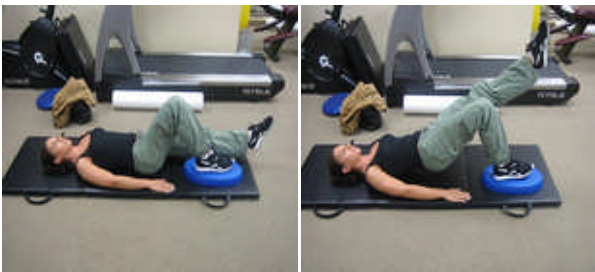
Crunch on dyna disc

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.

Notes:

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



1 Leg Foam Pad Bridge

Lay on back with 1 foot on foam pad and other leg extended out. Lift body using glutes and return to start. Squeeze glutes together at all times. Keep abdominals tight and a netal spine. If you feel it in the back of the leg move the leg loser to the body.

Notes:

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



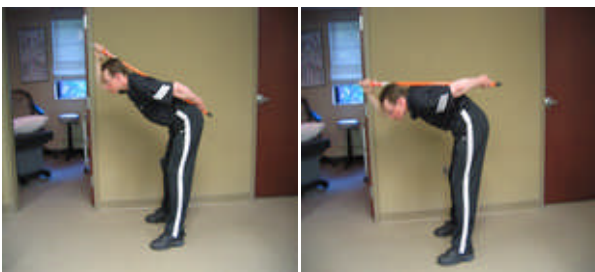
Side Plank

Lie on side, resting on elbow. Make sure elbow is directly underneath shoulder. Lift hips off floor and hold body up in a straight line. Keep abdominas tight and neutral spine. Hold

Notes:

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



Hip Hinge

A: Correct: Keep spine straight by hinging at the hips.
B: Incorrect: Spine bends forward putting low back in a harmful position.

Notes:

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