



Cat / Camel

On hands and knees.
Let stomach muscles relax and spine sag down.
Suck stomach muscles up and in and arch spine up toward the ceiling like a 'mad cat'.
Lower back down and repeat.
Move within your pain free range of motion.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	5 sec
Rest:	30-60 sec
5 x/week	

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



Cross Crawl Quadruped

On hands and knees, maintain abdominal hollow and keep back flat.
Slowly extend one leg behind while at the same time extending opposite arm out in front until parallel with floor.
Keep trunk square and stable.
Return arm and leg to floor and alternate.

Sets:	2-3
Reps:	10
Weight:	
Hold:	5 sec
Rest:	30-60 sec
5 x/week	

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



Bridge

Lie on back with knees bent and feet flat on the floor.
Place arms 45° at sides with palms up.
From a pelvic tilt position and maintaining abdominal hollowing, squeeze buttocks and 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:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60 sec
5 x/week	

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 Bridge - Forearm

Lying on side with legs out straight (feet staggered) keeping, hip and shoulder in line.
Support upper body on forearm, placing elbow directly under shoulder.
Raise hip up off floor and hold.
Avoid rotating forward or backward.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60 sec
5 x/week	

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



Crunches Arms Crossed

Lying on back with knees bent and feet on the floor.
Cross arms across chest and raise upper body up off floor until shoulder blades clear the floor.
Maintain abdominal hollowing throughout movement and keep chin in neutral.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	3 sec
Rest:	30-60 sec
5 x/week	

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



Plank - Toes Together

Support body in a plank position with forearms shoulder width apart and feet together. Keep a straight line through the knee, hip and shoulder. Maintain contraction of the transverse abdominal. (suck abs in against gravity)

Sets:	2-3
Reps:	
Weight:	
Hold:	30-60 sec
Rest:	30-60 sec
5 x/week	

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