



Cat Arch

On floor on hands and knees.

Let head relax down, suck stomach muscles in toward the spine and arch spine up to the ceiling like an 'angry cat'.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/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



Active Knee to Chest

Lying on back, hug both knees to chest.

Gently push knees up to ceiling (against resistance).

Then hug knees tight to chest again, hold and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/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



Hamstrings - Seated

Sitting with both feet straight out in front, toes point to the ceiling.

Bend straight forward from the hips, keeping back aligned and chest up, to feel a stretch in the back of the legs.

Support body with hands on the floor.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/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



Abdominal Crunches

Lying on back with knees bent, feet flat on the floor and hands resting behind head.

Suck stomach in to curl body up until shoulder blades are off floor.

Keep stomach sucked in as you lower back down.

Keep chin in neutral, elbows back and do not pull on head.

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



Active Hip Flexor

Standing tall, raise one heel toward buttocks (grasp above ankle joint).

Keep knees level, pelvic tilt and squeeze buttocks to extend hip back slightly to feel a stretch in the front of the hip.

Hold, relax buttocks and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/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



Squats

Standing with feet slightly wider than shoulder width apart holding gym ball straight out in front.

Lower body down into a squat position, keeping heels on floor, head up and back straight.

Maintain abdominal hollow and chin tuck.

Keeping weight centered over the ankles, push up to start position.

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