



1: Abdominal Crunch -- Crossed Arms With Rotation

- Lie on back with knees bent and arms crossed over chest
- Tighten stomach muscles, lifting head and upper back off of surface while rotating upper body toward one side
- Return to starting position and repeat to opposite side

Sets: 2 Reps: 10 Sessions: 2 Everyday **Hold Time: 5s**



2: Alternating Arm/Leg Lift in Prone

- Lie on stomach with pillow under hips
- Straighten both arms overhead
- Slowly lift arm and opposite leg
- Return to starting position
- Repeat with opposite side

Sets: 2 Reps: 10 Sessions: 2 Everyday **Resistance: None Hold Time: 5s**



3: Wall Slide

- Stand with feet shoulder width apart, back flat against wall
- Slowly lower body to 90 degree knee angle, then return to standing
- Repeat as instructed

Sets: 2 Reps: 10 Sessions: 2 Everyday **Hold Time: 5s**



4: Hamstring Stretch in Doorway

- Lie on back in doorway
- Extend leg up and place heel on doorway
- Extend opposite leg on floor
- Hold and repeat as instructed

Reps: 3 Sessions: 2 Everyday **Hold Time: 20s**



5: Piriformis Stretch in Supine

- Lie on back
- Cross ankle over top of opposite knee
- Reach with arms and pull bottom leg towards chest until you feel a stretch
- Repeat as instructed

Sets: 2 Reps: 3 Hold Time: 5s



6: Pelvic Bridging

- Lie on your back with knees bent to 90 degrees
- Squeeze your buttocks muscles lightly, then lift hips off floor about 5 inches
- Do not tilt pelvis forward or backwards throughout exercise
- Repeat as instructed

Sets: 2 Reps: 10 Sessions: 2 Everyday **Hold Time: 5s**