

Total 4



QUADRUPED ALTERNATE ARM AND LEG

While in a crawling position, brace at your abdominals and then slowly lift a leg and opposite arm upwards.

Maintain a level and stable pelvis and spine the entire time.

Start with making sure the movement is smooth, and gradually increase the hold time to 10 seconds.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



CLAM SHELLS

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Time(s) a Day



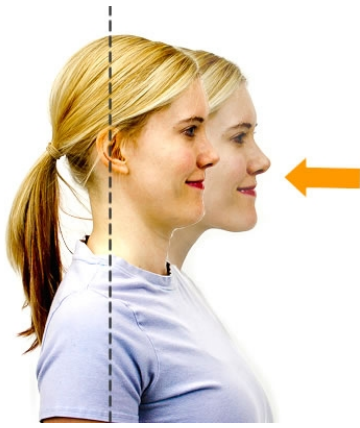
BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

If you start to shake at 10 second hold, reduce hold time to 5 seconds.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day





RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders.

Repeat 10 Times
Hold 5 Seconds
Complete 1 Set
Perform 3 Time(s) a Day