



LOWER TRUNK ROTATIONS - LTR

Lying on your back with your knees bent, gently move your knees side-to-side.

Repeat **10 Times**
Hold **1 Second**
Complete **3 Sets**
Perform **2 Time(s) a Day**



PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

Repeat **1 Time**
Hold **15 Seconds**
Complete **3 Sets**
Perform **2 Time(s) a Day**



PRAYER STRETCH - LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out towards the side.

Repeat **3 Times**
Hold **15 Seconds**
Complete **3 Sets**
Perform **1 Time(s) a Day**



PELVIC TILT

While lying on your back, use your stomach muscles to press your back into the floor. Hold for 5 seconds, then relax.

Repeat **10 Times**
Hold **5 Seconds**
Complete **10 Sets**
Perform **1 Time(s) a Day**



BRACE HEEL SLIDES

While lying on your back with your knees bent, slowly slide your heel forward on the floor and then slide it back. Use your stomach muscles to keep your spine from moving.

Repeat **10 Times**
Hold **1 Second**
Complete **3 Sets**
Perform **2 Time(s) a Day**



BRACE - SINGLE KNEE EXTENSION

While lying on your back with knees bent, lift one foot off and slowly straighten out your knee while keeping the leg off the ground. Hold as indicated, then return to original position. Next, perform on the other leg.

Repeat **10 Times**
Hold **3 Seconds**
Complete **3 Sets**
Perform **2 Time(s) a Day**



BRACE - BICYCLE

While lying on your back with your knees bent, raise up both feet and straighten one out in front of you. Then return the leg back and straighten the other. Use your stomach muscles to keep your spine from moving.

Repeat **10 Times**
Hold **2 Seconds**
Complete **3 Sets**
Perform **2 Time(s) a Day**



BRACE - BILATERAL BENT LEG LIFT

While lying on your back with your knees bent, raise up both feet. Use your stomach muscles to keep your spine from moving.

Repeat **10 Times**
Hold **5 Seconds**
Complete **3 Sets**
Perform **2 Time(s) a Day**



STRAIGHT LEG PRESS UP

While lying on your back, cross your legs and lift them straight up. Next, lift your hips/buttocks so that it thrusts your legs a few inches upwards towards the ceiling. Hold for 2-5 seconds, then slowly lower back to the floor in a controlled motion.

Repeat **10 Times**
Hold **3 Seconds**
Complete **3 Sets**
Perform **2 Time(s) a Day**



STRAIGHT LEG PRESS UP - ROTATION

While lying on your back, cross your legs and lift them straight up. Next, lift your hips so that it thrusts your legs a few inches upwards towards the ceiling.

Repeat **10 Times**
Hold **2 Seconds**
Complete **3 Sets**
Perform **1 Time(s) a Day**



EXERCISE BALL - SUPINE TRUNK ROTATION

While lying on your back with an exercise ball under your lower legs, slowly roll the ball side to side to gently rotate your back.

Repeat **15 Times**
Hold **3 Seconds**
Complete **3 Sets**
Perform **2 Time(s) a Day**





DEAD BUG

While lying on your back with your knees bent, slowly raise up one foot and opposite arm.

Repeat **10 Times**
Hold **3 Seconds**
Complete **3 Sets**
Perform **2 Time(s) a Day**



CURL UP - REVERSE

While lying on your back with your knees bent, raise up your legs and lift your buttocks. Maintain your knees bent the entire time.

Repeat **20 Times**
Hold **2 Seconds**
Complete **1 Set**
Perform **2 Time(s) a Day**



DOUBLE/SINGLE LEG BRIDGE

While lying on your back with both feet flat on the floor, raise your buttocks off the floor.

Repeat **15 Times**
Hold **3 Seconds**
Complete **2 Sets**
Perform **1 Time(s) a Day**



PRONE ALTERNATE ARM AND LEG

While lying face down and keeping your lower abdominals tight, slowly raise up an arm and opposite leg. Slowly lower in a controlled motion. Repeat by performing on the opposite side.

Repeat **10 Times**
Hold **1 Second**
Complete **3 Sets**
Perform **2 Time(s) a Day**



QUADRUPED ALTERNATE ARM AND LEG

While in a crawling position, slowly draw your leg and opposite arm upwards. Repeat with opposite side, both sides combined count as one repetition.

Repeat **10 Times**
Hold **3 Seconds**
Complete **3 Sets**
Perform **2 Time(s) a Day**



ADVANCED PLANK ALTERNATE ARM AND LEG

While lying face down, lift your body up on your elbows and toes. Next, lift up one arm and opposite leg. Return to original position and then perform with the other arm and leg.

Repeat **10 Times**
Hold **3 Seconds**
Complete **3 Sets**
Perform **2 Time(s) a Day**



SIDELYING TRUNK ROTATION

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotated your spine. Your arms and head should also be rotating along with the spine as shown. Follow your hand with your eyes. Try to breathe deeply with each rotation during and at the end of motion.

Repeat **10 Times**
Hold **5 Seconds**
Complete **3 Sets**
Perform **2 Time(s) a Day**



EXERCISE BALL - PRAYER STRETCH

While kneeling with an exercise ball in front of you, slowly lean forward and roll the ball forward until a stretch is felt.

Repeat **10 Times**
Hold **2 Seconds**
Complete **3 Sets**
Perform **2 Time(s) a Day**





EXERCISE BALL - CURL UPS LEVEL 1

While sitting on an exercise ball, roll forward so that your back lies against the ball.

Repeat	30 Times
Hold	1 Second
Complete	3 Sets
Perform	2 Time(s) a Day



EXERCISE BALL - SUPINE CRUNCH TOUCH

Start by lying on the floor with your knees bend and holding a ball over your head.

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	2 Time(s) a Day