



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:	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



Leg Extension Quadruped

On hands and knees, maintain abdominal hollow and keep back flat.
Extend one leg behind until parallel with floor, keeping upper body stable.
Return knee to floor and alternate.

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



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:	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



1/2 Side Bridge

Lying on one side with knees bent keeping knees, hip and shoulder in line.
Support upper body on elbow, placing elbow directly under shoulder.
Raise hip up off floor.
Avoid rotating forward or backward.

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



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
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:	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