

## 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	4 Times
Hold	25 Seconds
Complete	1 Set
Perform	2 Time(s) a Day

Total 12





#### CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling.

Repeat4 TimesHold15 SecondsComplete3 SetsPerform2 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.

4 Times
20 Seconds
4 Sets
4 Time(s) a Day





# SINGLE LEG BRIDGE

While lying on your back with your knees bent, extend one knee as shown.

Next, raise your buttocks off the floor/bed.

Try and maintain your pelvis level the entire time.

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



PRONE ON ELBOWS - POE

Lying face down, slowly raise up and prop yourself up on your elbows.

Repeat3 TimesHold30 SecondsComplete3 SetsPerform1 Time(s) a Day



### PRESS UPS

Lying face down, slowly raise up and arch your back using your arms.

Repeat3 TimesHold20 SecondsComplete3 SetsPerform3 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 and then raise the opposite side.

Do not allow your spine to move the entire time.

Repeat3 TimesHold10 SecondsComplete6 SetsPerform3 Time(s) a Day



# QUADRUPED ALTERNATE ARM AND LEG

While in a crawling position, slowly draw your leg and opposite arm upwards.

Your arm and leg should be straight and fully out-stretched.

Repeat	3 Times
Hold	12 Seconds
Complete	3 Sets
Perform	4 Time(s) a Day

PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Repeat3 TimesHold30 SecondsComplete6 SetsPerform3 Time(s) a Day



### LATERAL PLANK

While lying on your side, lift your body up on your elbow and feet. Try and maintain a straight spine.

Repeat	3 Times
Hold	20 Seconds
Complete	3 Sets
Perform	3 Time(s) a Day

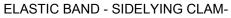
### BRACE - BILATERAL STRAIGHT LEG RAISE

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

Repeat	4 Times
Hold	10 Seconds
Complete	1 Set
Perform	3 Time(s) a Day







While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

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

10 Times
10 Seconds
3 Sets
3 Time(s) a Day

