

## 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

## CAT AND CAMEL

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



Repeat 4 Times  
Hold 15 Seconds  
Complete 3 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.



Repeat 4 Times  
Hold 20 Seconds  
Complete 4 Sets  
Perform 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.

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



### PRESS UPS

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

Repeat 3 Times  
 Hold 20 Seconds  
 Complete 3 Sets  
 Perform 3 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.

Repeat 3 Times  
 Hold 10 Seconds  
 Complete 6 Sets  
 Perform 3 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.

Repeat 3 Times  
Hold 30 Seconds  
Complete 6 Sets  
Perform 3 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

## ELASTIC BAND - SIDELYING CLAM-

Repeat 10 Times  
Hold 10 Seconds  
Complete 3 Sets  
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.

