

## 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 **1 Time**  
Hold **1 Second**  
Complete **1 Set**  
Perform **1 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 **1 Time**  
Hold **1 Second**  
Complete **1 Set**  
Perform **1 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 shown.

Repeat **1 Time**  
Hold **1 Second**  
Complete **1 Set**  
Perform **1 Time(s) a Day**





### QUADRUPED ALTERNATE LEG

While in a crawling position, slowly draw your leg back behind you as you straighten your knee.

Repeat 1 Time  
Hold 1 Second  
Complete 1 Set  
Perform 1 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 1 Time  
Hold 1 Second  
Complete 1 Set  
Perform 1 Time(s) a Day



### PLANK LATERAL WITH HIP ABDUCTION

While lying on your side, lift your body up on your elbow and feet. Next, slowly raise up the top most leg upwards, then return. Try and maintain a straight spine the entire time.

Repeat 1 Time  
Hold 1 Second  
Complete 1 Set  
Perform 1 Time(s) a Day



### 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.

Try and maintain a straight spine.

Repeat 1 Time  
Hold 1 Second  
Complete 1 Set  
Perform 1 Time(s) a Day