

# EXERCISES



## Stomach Crunch

Plant both feet on floor and cross arms over chest and tilt head forward, placing chin on chest. Tighten abdomen muscles, curling forward. Hold for 5 count and release.

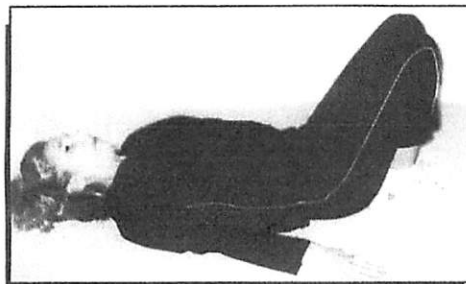
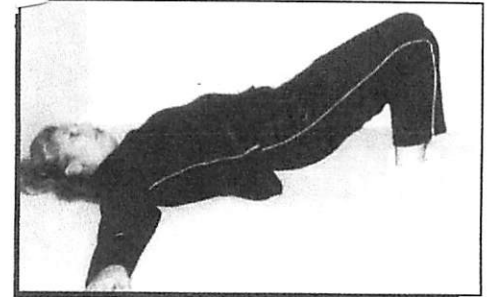
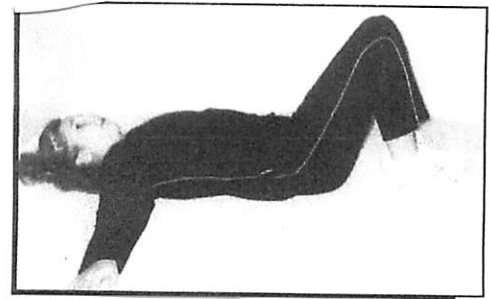
Repeat 10 times. In time, extent 5 count to 60. Strengthens back, hips, and leg muscles.

Do not do if you currently have back or leg pain. Wait until you have done the other exercises over time and have progressed to this point.

## Pelvic Lifts

Place arms on the floor with hands beside head. Gradually force body up, keeping shoulders and arms on the floor. Do not over extend. Hold for 30 count before returning body to floor.

Repeat 5-10 times. Strengthens lower back muscles.

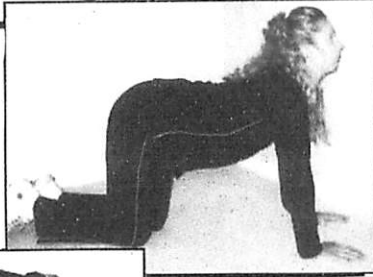
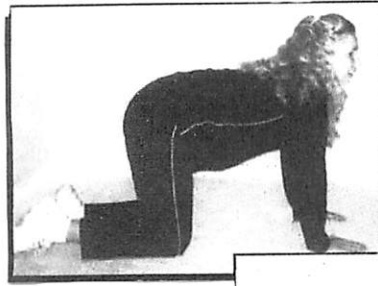


## Stomach Tightener

Lying on the floor with both knees bent and feet near buttocks, tighten the abdomen muscles and buttocks. Carefully press lower back against floor. Hold for 5 count and release.

Repeat 10 times. Strengthens back and stomach muscles.

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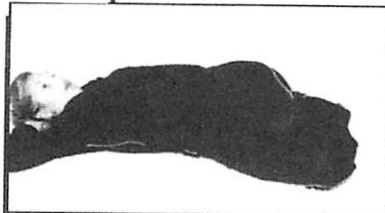
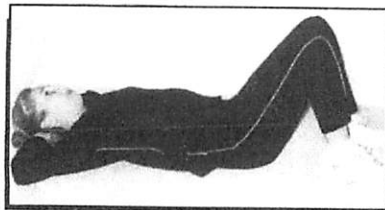
## Back & Body Stretch On All Fours

Kneel on your knees and hands. Keep your head straight looking towards the wall.

Shift body weight backwards over legs, stretching your back and shoulder muscles as far as you can go. Hold for 10 count.

Then shift body weight forward over arms. Hold for 10 seconds.

Repeat process 5-10 times.



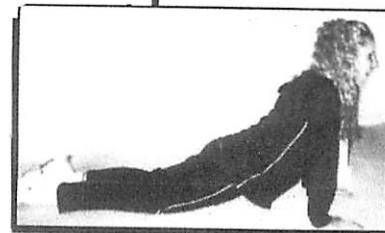
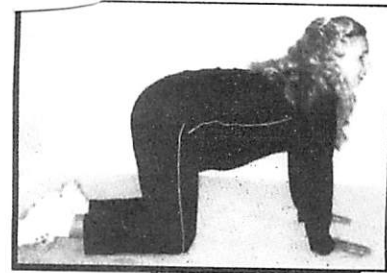
## Cat & Camel Stretches

Kneel down on the floor with knees and hands on the floor. Keep your head straight looking towards the wall.

Slowly allow your trunk to sag as far as you can so that your back is arched. Do not pull it down, but let it relax as you lift your face towards the ceiling. Hold for a count of 10.

Next slowly round your back up at the waist as far as you can by contracting your lower abdominal muscles and drop your head slowly to look towards the floor. Also hold for a count of 10. All motions should be initiated from your lower back.

Repeat 5-10 times.



## Hip Rotation

Lie on your back on a firm surface with both knees bent and feet flat on surface.

Slowly drop knees to the right side while rotating head to the left. Hold for 5 seconds, and then repeat in the opposite direction.

Repeat 10 times, switching sides. Strengthens back, hip, and leg muscles.