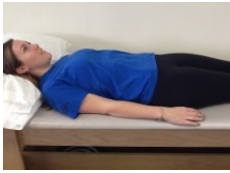


1



Deep Abdominal Contraction

Lying on back, pull belly button and lower abdominal area towards floor/spine while tensing pelvic floor muscles.

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

5



Plank on Knees

Resting on elbows face down. Keep knees together while raising trunk and pelvis off floor holding body straight. Remember to draw belly button in not allowing trunk to sag and do not hold breath.

Repeat 10 Times
 Hold 30 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day

2

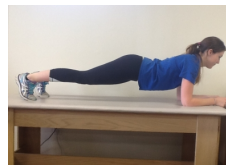


Side Plank on Knees

Lying on side with knees together and slightly bent. Hips are aligned with body. Resting on elbow, raise hips/pelvis and low back off floor while keeping knees on floor and together. Remember to contract deep abdominals and don't hold breath.

Repeat 10 Times
 Hold 30 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day

6



Plank

Lying on stomach, resting on elbows, pick entire body off floor. Hold legs, pelvis and trunk in straight line only supporting at elbows and feet. Remember to not let back sag and do not hold breath.

Repeat 10 Times
 Hold 30 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day

3



Side Plank

Lying on side propped on elbow, keep hips and knees aligned with body. Contract deep abdominals while lifting hip/pelvis and trunk off floor and hold. Remember to keep body in line and do not hold breath.

Repeat 10 Times
 Hold 30 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day

7

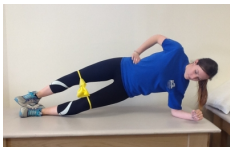


Core Stabilization with Running Motion

Lying on back, contract and hold deep and lower abdominals while extending opposite arms and legs as if running.

Repeat 10 Times
 Hold 30 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day

4



Plank with Clamshell

Raise up on forearm and outside of knee/foot into a side plank. Squeeze your seat and rotate your hip into the band. Keep your spine and hips in good alignment.

Repeat 10 Times
 Hold 0 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day