



PLANK TO DOWNWARD DOG

Begin in a full plank position (weight supported on hands and toes) with your body in a straight line. From this position, without moving your hands or feet shift your hips up and back so that you now look like an upside down "V".

Repeat 6 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Times a Day



Hold each position for 3 breaths (in the plank and in the downward dog)



High plank with Russian twist

1) Begin in a high plank position with your hands directly under shoulder and toes tucked in 2) Engage your core by lightly bringing belly button closer to the spine. 3) Next, lift your leg off the ground while maintaining neutral lumbar spine 4) Begin to rotate your hips and bring the lifted lower extremity across the torso 5) Return the leg to the starting position and repeat on the opposite side 6) Complete for assigned repetitions 7) Remember, the point of this exercise is to disassociate upper quadrant from lower quadrant and get rotation through the hips/low back

Repeat 10 Times
Complete 3 Sets
Perform 4 Times a Week



Boat Pose

Sitting on the floor, lift your legs off the floor, flexing at the hips, keep the knees bent and your chest open. Make sure your spine is straight, if not, give yourself support by placing your hands under your legs or behind you. Keeping the chest lifted and the back straight, hold the pose for 10-20 breaths. Try not to let your back round, if it rounds, add more external support with your hands.

Repeat 3 Times
Hold 30 Seconds



Hollow Hold - Core exercise

SETS - 3 sets Reps - 5 reps Hold: 5 seconds
Frequency - 1 time per day

NOTES: 1) Maintain rib cage down 2) Arms should not come up too high 3) Do not hold air 4) Slowly raise up controlled, 5) Slowly lower down, do not arch back at bottom

Video # VVUW5WTHB

BOW POSE - YOGA - DHANURASANA

Duration 10 Seconds
Complete 1 Set

Start on your stomach and bend your knees. Reach back and grab your feet with your hands and then kick your legs into your hands as your arms pull forward. Raise your chest, knees and head upward towards the ceiling.

Hold this position.

Video # VVX9J2GVQ



WARRIOR 3 POSE - YOGA - VIRABHADRASANA 3

Duration 10 Seconds
Complete 1 Set
Perform 1 Times a Day

Start with arm raised overhead and in a short lunge position with the front knee bent and the back knee straight. Tighten abdominals drawing naval inward towards spine. Next, lean forward extending your back leg and raising it up off the ground towards the ceiling as you balance and hip hinge on your other leg. Your back leg should raise up in-line with your trunk.

Hold this position.

Video # VVRDT34AA





PLANK POSE - YOGA - CHATURANGA

Start in a crawl position. Next, tighten your abdominal muscles and then straighten legs and hold up your trunk into a full plank position. Your toes and your hands should be holding up your body with a straight spine.

Next, lower your body down by bending your elbows to approx. 90 degrees. Your elbows should be near the side of your body.

Your hands and toes should be supporting your body weight.

Hold this position.

Video # VVSXQ66PW

Duration 10 Seconds
Complete 1 Set
Perform 1 Times a Day



Deadbug with Ball

DEADBUG WITH BALL

STAGE #1: Place ball between knees and elbows. Flatten back into ground and brace your core. Squeeze the ball and hold for 15 seconds. Increase to a 30 second hold as tolerated.

STAGE #2: Repeat the same setup from stage 1. Squeeze the ball and slowly lower one arm overhead. Make sure that your lower back stays in contact with the ground during the entire movement. Hold for a couple seconds and then return to starting position. Alternative between arms. Increase to 12 alternating reps as tolerated.

STAGE #3: Repeat the same setup as previous. Squeeze the ball and slowly lower one arm along with the opposite side leg as shown. Make sure that your lower back stays in contact with the ground during the entire movement. Increase to 20 alternating reps as tolerated.

Complete 2 Sets
Perform 3 Times a Day

Lunge with core rotation

Perform a lunge, while you are stepping begin rotating your core until your arms are over the lead leg. Hold your trunk upright and maintain a sturdy lunge position with your lower body.

Repeat 6 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Times a Day





Kneeling Core Chops

In kneeling position, bring object up and cross your body and then diagonally back down and across as if chopping wood. Perform on each side. You can use a ball, or text book, anything that might have a bit of weight to it.

Repeat 8 Times
Complete 3 Sets
Perform 1 Times a Day



3 Way Glute Series

ClamShell: Lay on side, band around knees. Hips and knees, and ankle stacked, knees bent to 90, and lift top leg up, keeping ankles together. Hold

Fire Hydrant: Start on all 4s in quadruped position with band around knees. Keeping neutral spine, extend and rotate your left leg (think dog to fire hydrant). Hold

Sidelying Hip Abduction: Lay on side, band around knees. Hips, knees, and ankles stacked. Left top leg up and slightly back as high as you can. Hold

Repeat 3 Times
Hold 30 Seconds
Perform 4 Times a Week



Quadruped Hip Extension

In Quadruped position, slide one foot out and squeeze glute to lift without arching back. Hold 10 to 15 secs, alternate legs. X 5 ea 1-3 sets.

Hold 15 Seconds
Complete 3 Sets

