



CAT AND CAMEL

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

Then return to a neutral position. Video # VVWPCEBAB

Repeat 10 Times

Hold 5 Seconds

Complete 1 Set

Perform 3 Times a Day



BRIDGE - BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat. Video # VVTJZ7GYR

Repeat 10 Times

Hold 5 Seconds

Complete 1 Set

Perform 3 Times a Day



BRIDGE - ALTERNATE KNEE EXTENSION - ALT KNEE EXT

While lying on your back, raise your buttocks off the floor/bed into a bridge position.

Next, raise and straighten one knee so that only the other leg is supporting your body. **KEEP YOUR STOMACH MUSCLES TIGHT.** Then, return that leg back to the floor and then alternate and perform on the other leg.

Try and maintain your pelvis level the entire time. Video # VV4PDWKBK

Repeat 10 Times

Hold 5 Seconds

Complete 1 Set

Perform 3 Times a Day



QUADRUPED ALTERNATE ARM AND LEG - BIRD DOG



While in a crawling position, brace at your abdominals. Start by slowly lift 1 leg OR arm upwards, keeping your abdominals tight. . Lower leg or arm down and then repeat with opposite side.

WHEN ABLE, you can progress to lifting 1 leg and the opposite arm, as shown in the picture.



Maintain a level and stable pelvis and spine the entire time. Video # VVE7C35B7

Repeat 10 Times

Hold 5 Seconds

Complete 1 Set

Perform 3 Times a Day