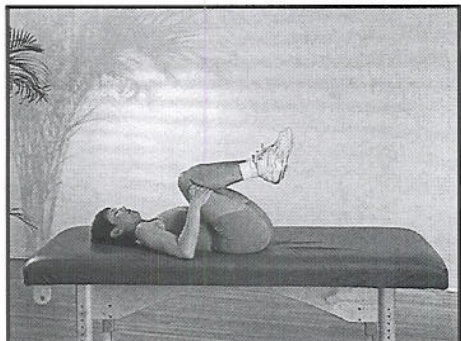


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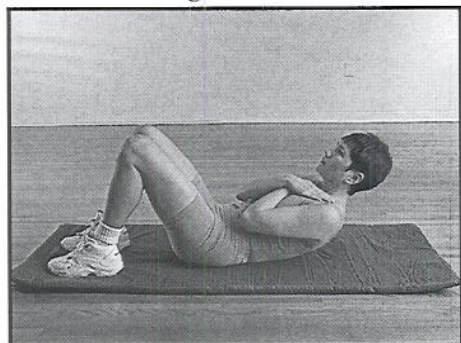
140 Knee to Chest - Double - Supine



- Lie on your back with your knees bent
- Bring your knees to your chest, grab the back of your thighs
- Use your arms to bring your knees toward your chest

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

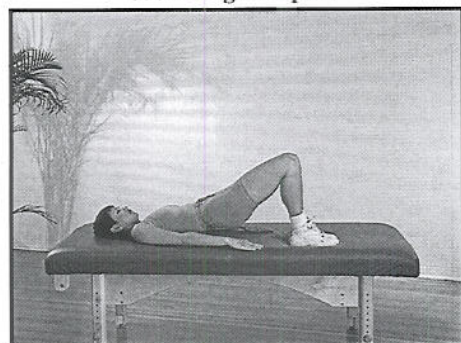
238 Abs. - Straight - Arms Across Chest



- Place your arms across your chest; knees bent
- Roll your hips and tighten your abdominals
- Curl your chest up towards your knees

Do 2 Set(s) of 3 Rep(s).

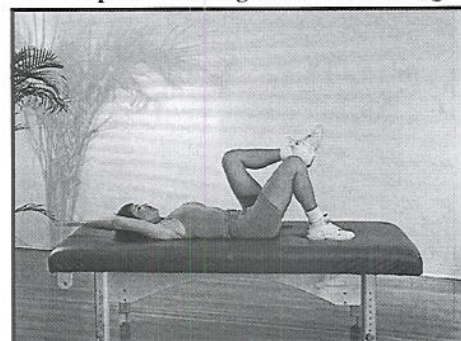
330 Bridge - Supine



- Lie on your back with your knees bent
- Roll your hips and tighten your abdominals
- Raise your buttocks up while keeping your abdominals tight

Do 2 Set(s) of 3 Rep(s).

315 Supine Arm / Leg Raise - Alternating

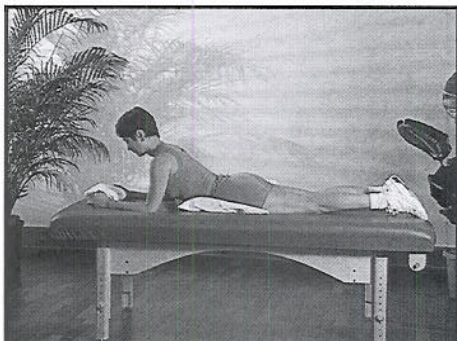


- Lie on your back with your knees bent
- Roll your hips and tighten your abdominals
- Alternate raising your arm and your opposite leg up

Do 2 Set(s) of 3 Rep(s).

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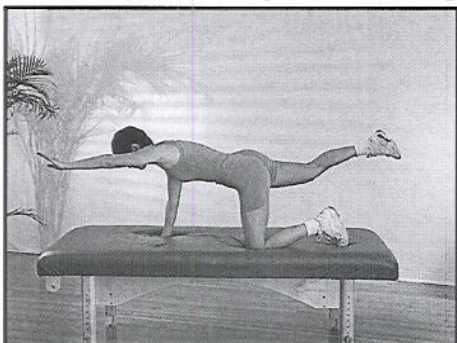
220 Prone on Elbows Stretch



- Lie with a pillow under your stomach
- Use your arms to raise up onto your elbows
- Make sure to keep your stomach on the pillow

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

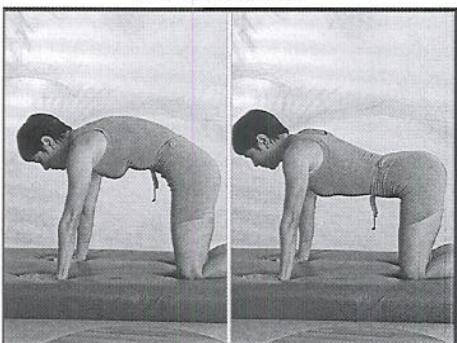
296 Quadruped - Arm / Leg Raise - Alternating



- Place your hands and knees on a level surface
- Roll your hips to find your neutral spine position
- Alternate raising your arm and opposite leg

Do 2 Set(s) of 3 Rep(s).

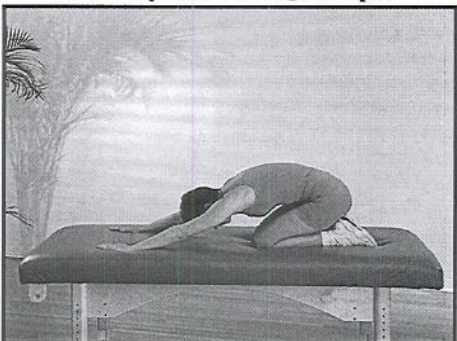
206 Cat / Camel



- Place your hands and knees on a firm surface
- Arch and sag your back
- Return to a neutral or straight back position

Do 2 Set(s) of 3 Rep(s).

219 Prayer Stretch - Quadruped

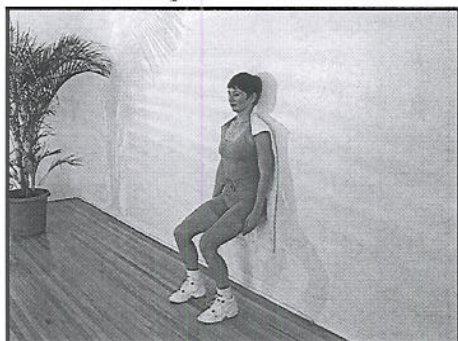


- Place your hands and knees on a firm surface
- Slowly lean back rounding your back - sit on your heels
- Feel a stretch to your back

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

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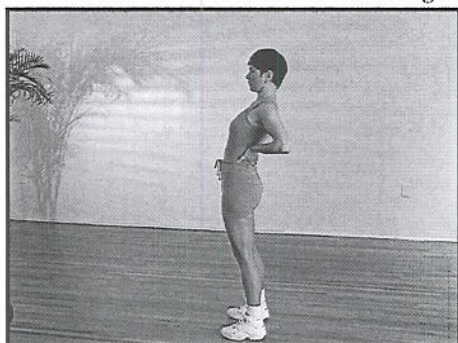
116 Squats - Wall Slides



- Place a towel between your back and the wall
- Lower your body by bending your knees
- Keep your knees behind your toes

Do 2 Set(s) of 3 Rep(s).

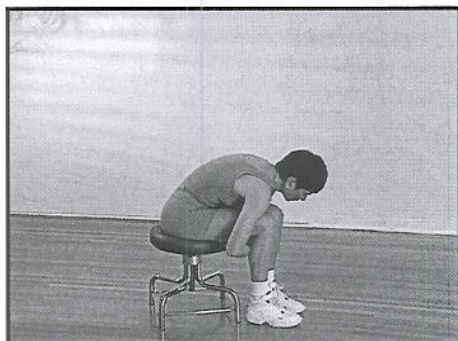
222 Trunk Extension Stretch - Standing



- Stand with your feet shoulder width apart
- Place your hands on your lower back
- Slowly bend backwards at your waist

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

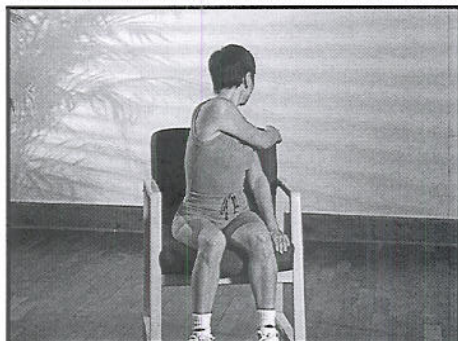
223 Trunk Flexion Stretch - Seated



- Sit in a chair with your feet flat on the floor
- Slowly bend forward to feel a stretch in your back
- Attempt to bring your shoulders directly over your knees

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

226 Trunk Rotation Stretch - Seated - Left

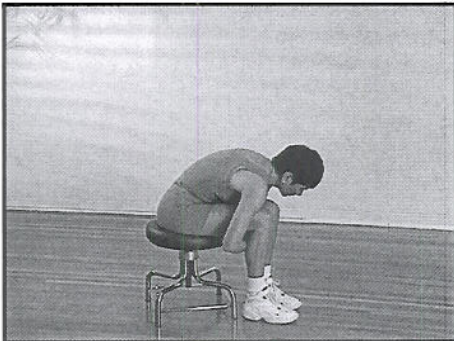


- Rotate your trunk to the left
- Grasp the edge of the chair
- Feel a stretch to your upper back

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

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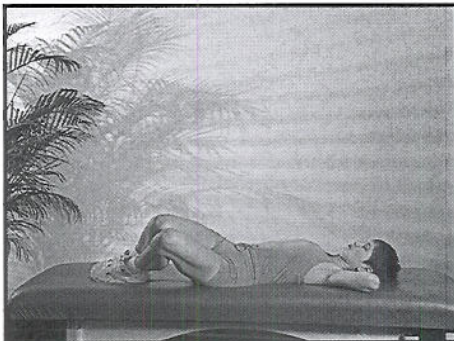
223 Trunk Flexion Stretch - Seated



- Sit in a chair with your feet flat on the floor
- Slowly bend forward to feel a stretch in your back
- Attempt to bring your shoulders directly over your knees

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

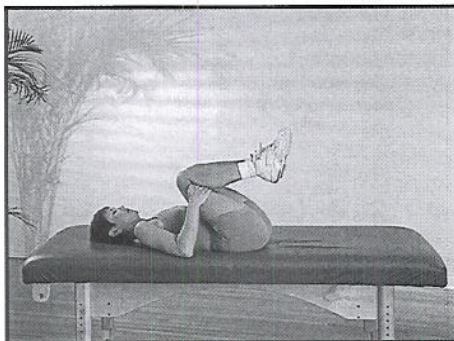
224 Trunk Rotation Knees Together Stretch - Supine



- Lie on your back with your knees bent
- Bring both your knees toward one side & then the other
- Make sure to keep your upper body flat on the floor

Do 2 Set(s) of 3 Rep(s).

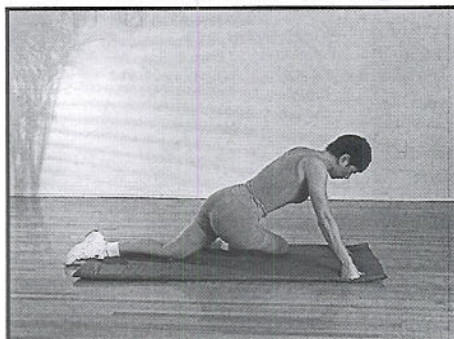
140 Knee to Chest - Double - Supine



- Lie on your back with your knees bent
- Bring your knees to your chest, grab the back of your thighs
- Use your arms to bring your knees toward your chest

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

142 Piriformis Stretch - Quadruped

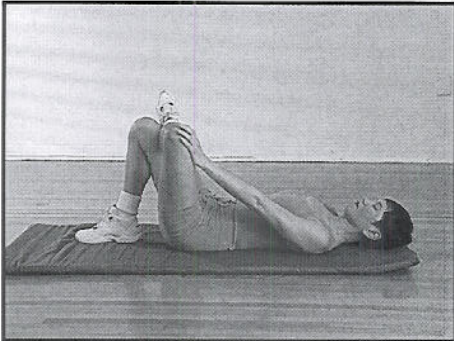


- Bring your involved leg across in front of your other knee
- Slowly sit back - knee directly under your opposite shoulder
- Feel a stretch to your buttocks

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

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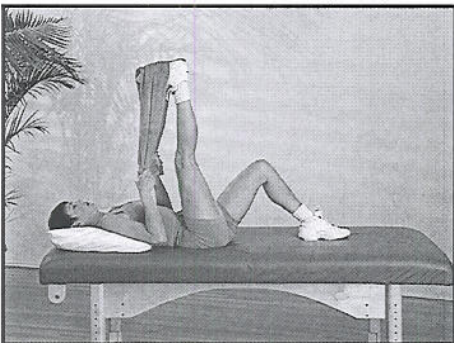
129 Adductor Stretch - Supine



- Cross one leg over so your ankle is resting on your knee
- Use your hand to push your knee down
- Feel a stretch to the inside of your thigh

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

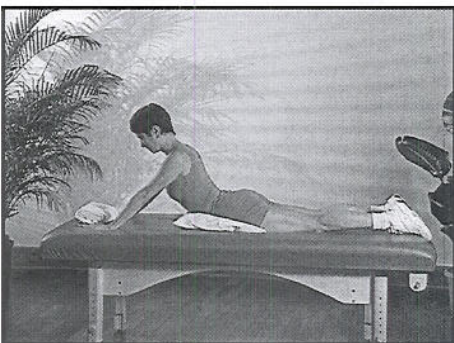
134 Hamstring Stretch - Towel - Oppo. Leg Bent



- Lie on your back with your opposite leg bent
- Place a towel over your foot and straighten your leg
- Feel a stretch to the back of your thigh

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

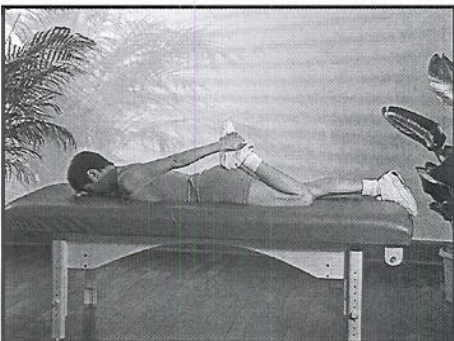
221 Prone on Hands Stretch



- Lie with a pillow under your stomach
- Raise up onto your hands
- Make sure to keep your stomach on the pillow

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).

67 Quadricep Stretch - Prone



- Bring your heel towards your buttocks
- Grasp your ankle with your hand
- Feel a stretch to the front of your thigh

Do 2 Set(s) of 3 Rep(s). Hold 4 second(s).