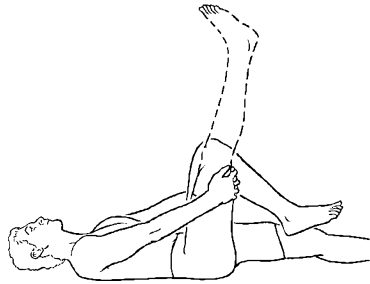


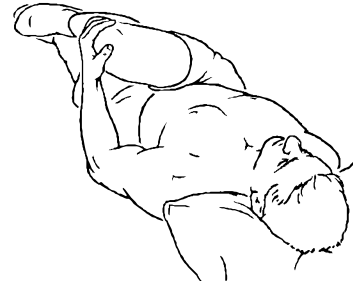
BACK - 34 Hamstring Stretch: Active



Support behind right knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh. Hold 15-30 seconds.

Repeat 5 times per set. Do _____ sets per session.
 Do 1 sessions per day.

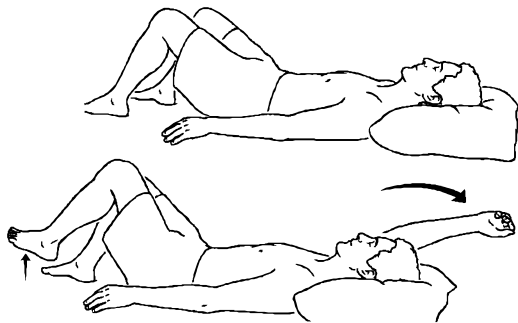
HIP / KNEE - 66 Stretching: Piriformis (Supine)



Pull right knee toward opposite shoulder. Hold 15-30 seconds. Relax.

Repeat 5 times per set. Do _____ sets per session.
 Do 1 sessions per day.

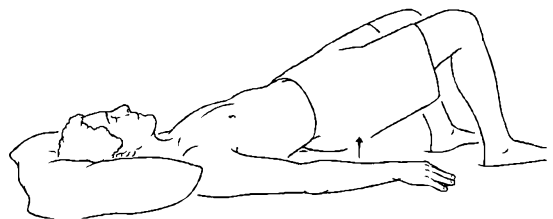
TRUNK STABILITY - 7 Combination (Hook-Lying)



Tighten stomach and slowly raise left leg and lower opposite arm over head. Keep trunk rigid.

Repeat 10 times per set. Do 3 sets per session.
 Do 1 sessions per day.

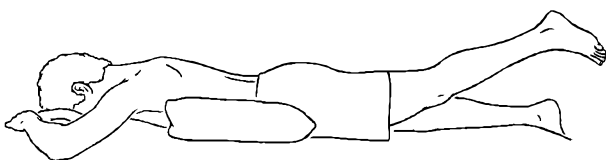
TRUNK STABILITY - 9 Bridging



Slowly raise buttocks from floor, keeping stomach tight.

Repeat 10 times per set. Do 3 sets per session.
 Do 1 sessions per day.

TRUNK STABILITY - 17 Straight Leg Raise (Prone)



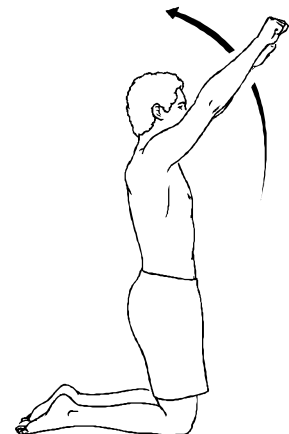
Abdomen and head supported, keep left knee locked and raise leg at hip. Avoid arching low back.

Repeat 10 times per set. Do 3 sets per session.
 Do 1 sessions per day.

TRUNK STABILITY - 27 Bilateral Arm Raise (Kneeling)

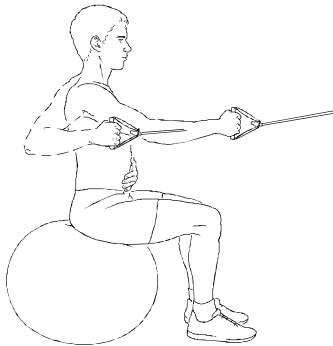
Tilt pelvis to neutral position. Slowly bring arms straight over head, keeping stomach tight.

Repeat 10 times per set.
 Do 3 sets per session.
 Do 10 sessions per day.



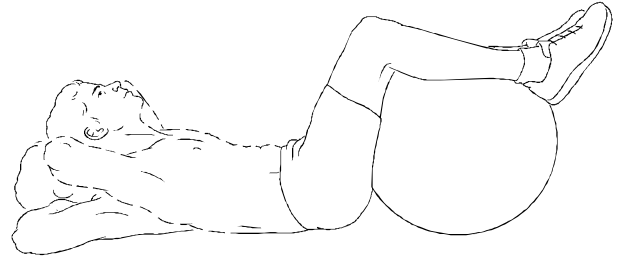
CORE - 1 One-Arm Row – Tubing
 BANDS ARE NOT NECESSARY FOR THIS ACTIVITY

Sit with one arm reaching forward, other hand on abdomen. Pull tubing to side of chest, palm in or up. Keep hips still. Anchor at chest level, in front of moving arm. Repeat with other arm.



Do 3 sets
 of 10 repetitions.

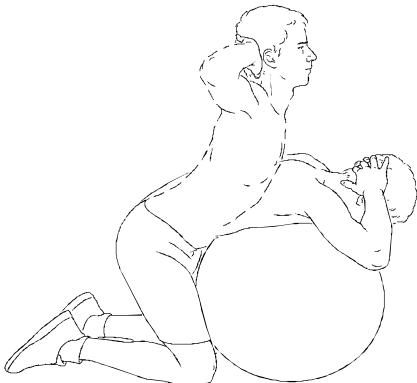
CORE - 70 Basic Crunch



Lie supine with legs on top of ball, hands at head. Tighten abdominals, contract hamstrings, and squeeze ball. Then raise shoulders and upper back toward ceiling. Keep head and neck neutral. Keep low and middle back on floor.

Do 3 sets of 10 repetitions.

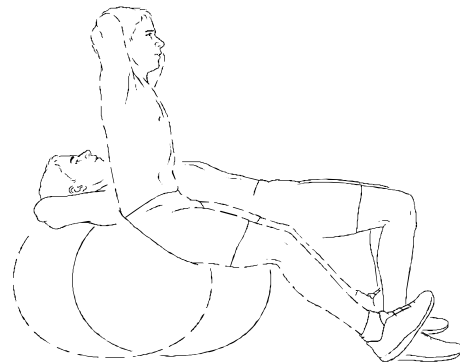
CORE - 27 Kneeling Back Extension (Advanced)



With hands on back of head, extend upper back from ball.

Do 3 sets of 10 repetitions.

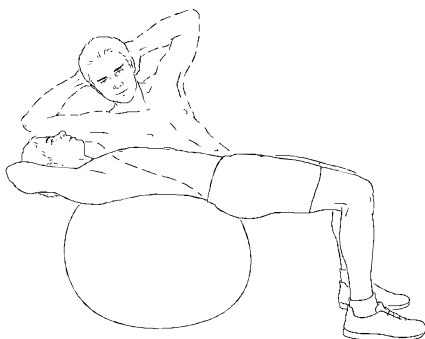
CORE - 74 Sitting Full Sit-Up



From table position, perform a sit-up while extending legs. End with body perpendicular to straightened legs.

Do 3 sets of 10 repetitions.

CORE - 75 Supine on Ball Diagonal Crunch



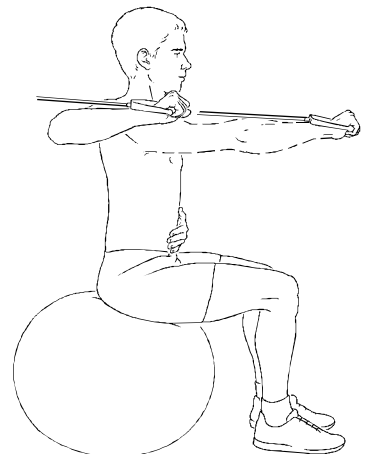
From table position, perform diagonal curl-up, bringing one elbow toward opposite knee. Repeat with other elbow.

Do 3 sets of 10 repetitions.

CORE - 5 One-Arm Chest Press – Tubing
 BANDS ARE NOT NECESSARY FOR THIS ACTIVITY

Sit holding tubing in front of shoulder, thumb in, other hand on abdomen. Extend arm forward. Keep hips still. Anchor at shoulder level, behind moving arm. Repeat with other arm.

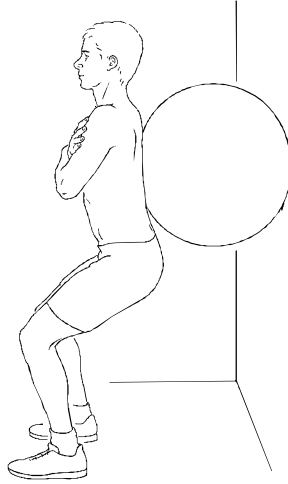
Do 3 sets
 of 10 repetitions.



LOWER BODY - 8 Medium Squat

Stand with ball between back and wall. Perform a medium squat.

Do 3 sets
of 10 repetitions.



LOWER BODY - 27 Two-Leg Hip Hinge

From sitting, walk out to table position. Lower and raise hips, keeping back straight.

Do 3 sets of 10 repetitions.

