

opposite of picture = left ^{leg} behind body

STEP 1



STEP 2



Pretzel stretch right

REPS: 3 | HOLD: 30 | DAILY: 1 | WEEKLY: 7

Setup

Being lying on your side with your head resting on a towel and your knees bent to 90 degrees.

Movement

Using your bottom arm, grasp your top leg and pull it upward. Next, bring your lower leg behind you, and grasp your ankle with your other hand. Return your head back to the towel, then slowly turn your head and lower your shoulder toward the ground. Hold this position.

Tip

Make sure to perform this exercise slowly and in the exact order described.

STEP 1



STEP 2



STEP 3



Sidelying Thoracic Rotation

REPS: 15 | SETS: 3 | HOLD: 5 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your knees bent, your bottom hand holding your knees, and your top hand straight forward.

Movement

Lift your top arm straight up and over to the floor on your other side. Hold, then relax and repeat.

Tip

Make sure to keep your knees together and only rotate your upper back and upper arm. Your hips should stay facing forward.

stretch 3x30 1st

STEP 1



STEP 2



STEP 3



Supine Lower Trunk Rotation

REPS: 15 | HOLD: 5 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your feet flat on the floor and your arms straight out to your sides.

Movement

Lower your knees to one side, return to center, and repeat on the other side.

Tip

Make sure to activate your core muscles and keep both of your shoulders in contact with the ground throughout the exercise.

stretch 3x30 1st

STEP 1



STEP 2



Supine Bridge with Knee Extension and Pelvic Floor Contraction

REPS: 10 | SETS: 3 | HOLD: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your legs bent and feet resting on the ground.

Movement

Contract your pelvic floor muscles, then tighten your buttocks and lift your hips off the ground to a bridge position. Keep your pelvis lifted and straighten one knee, then return that foot to ground and repeat with your other leg.

Tip

Make sure to keep your abdominal and pelvic muscles tight as you straighten each leg.

STEP 1



STEP 2



Quadruped Thoracic Rotation Full Range with Hand on Neck

REPS: 15 | SETS: 3 | HOLD: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours. Place one hand on the back of your neck.

Movement

Slowly rotate your trunk up and backward on the same side as your bent arm. Then rotate your trunk back down, reaching your elbow under your other arm. Repeat this movement.

Tip

Make sure not to arch your low back as you rotate your trunk.

As pictured Right Arm
Also tuck Arm through

STEP 1



STEP 2



STEP 3



Prone Alternating Arm and Leg Lifts

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front, with your arms and legs stretched straight.

Movement

Keeping your elbow and knee straight, raise one arm and your opposite leg at the same time, then lower them and repeat on with your other arm and leg.

Tip

Make sure to keep your forehead in contact with the ground and do not let your back arch during the exercise.

STEP 1



STEP 2



Plank with Hip Extension

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 4

Setup

Begin on all fours.

Movement

Move your body forward into a plank position, with your elbows on the ground. Maintaining this position, lift one foot straight backward off the floor, then lower it back down and repeat with your other foot.

Tip

Make sure to keep your back straight and core engaged. Do not let your hips rotate to either side as you lift your legs.

STEP 1



STEP 2



Forearm Side Plank Oblique Crunches

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your legs extended. Rest on your elbow. Lift your body up into a side plank position, then lift your arm overhead. This is the starting position.

Movement

Bring your upper arm down, bending at the elbow, and bring your upper knee towards your chest, performing a slight lateral crunch.

Tip

Keep your core muscles active and keep breathing. Do not let your lower hip drop down towards the floor.

STEP 1



STEP 2



Side Plank with Hip Drops

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your forearm resting flat on the floor and your feet stacked.

Movement

Lift your hips off the floor into a side plank position, hold briefly, then lower your hips back down and repeat.

Tip

Make sure to keep your abdominals tight and check that your elbow is directly under your shoulder. Do not let your hips roll forward or backward during the exercise.

STEP 1



STEP 2



Modified Side Plank with Hip Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side, resting on your forearm with your bottom leg bent at a 90 degree angle and your top leg straight.

Movement

Tighten your abdominals and lift your hips up off of the floor. Then raise your heel so it is at the same level as your hip. Hold briefly, then relax and repeat.

Tip

Make sure that your head, hips, and leg are in a straight line and your shoulder is directly over your elbow. Do not let your hips roll backward or forward during the exercise.