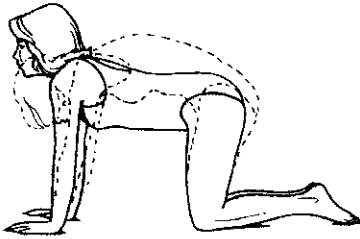
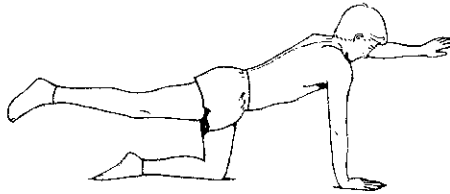


BACK - 1
Angry Cat Stretch



Tuck chin and tighten stomach, arching back. Hold 5 seconds.
Repeat 10 times. Do _____ sessions per day.

TRUNK STABILITY - 2
Quadruped Opposite Upper and Lower Extremity Extension



Tighten stomach and simultaneously raise leg and opposite arm. Hold 5 seconds, then slowly return to starting position, keeping trunk rigid.
Repeat 10 times each side. Do _____ sessions per day.

BACK - 3
Mid-Back Stretch



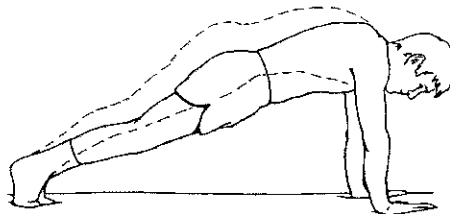
Push chest toward floor, reaching forward as far as possible. Hold 15-20 seconds.
Repeat 1 times. Do _____ sessions per day.

BACK - 4
Prone Back Extension



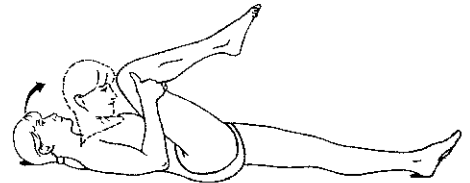
Lift upper body and legs from floor. Do not arch neck. Hold 30-60 seconds.
Repeat _____ times. Do _____ sessions per day.

TORSO - 5
Plank



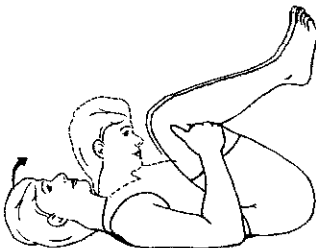
ON ELBOWS AND TOES - HOLD POSITION
Repeat 1 times or for 1 _____ minutes. Do _____ sessions per day.

LOWER BACK - 6 Extensors / Gluteal



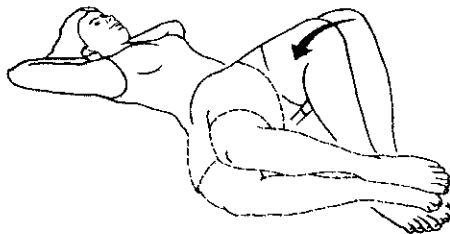
Bring knee to chest and hold. For more stretch, bring head to knee and hold. Hold 15 seconds. Repeat with other knee.
Repeat _____ times. Do _____ sessions per day.

LOWER BACK - 7 Extensors / Gluteal



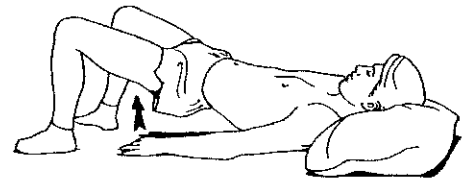
Bring both knees to chest and hold. For more stretch, bring head to knees and hold. Hold 15 seconds.
Repeat _____ times. Do _____ sessions per day.

LOWER BACK - 8 Lumbar Rotators



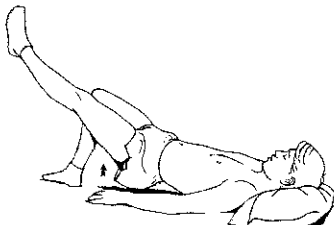
Keeping back flat and feet together, rotate knees to one side. Hold 5 seconds. Repeat to other side.
Repeat _____ times. Do _____ sessions per day.

TRUNK STABILITY - 9
Bridging



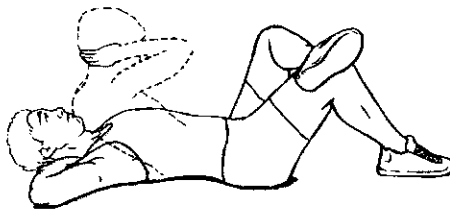
Slowly raise buttocks from floor, keeping stomach tight. Hold 5 seconds.
Repeat 10 times. Do _____ sessions per day.

TRUNK STABILITY - 10
Bridging with Straight Leg Raise



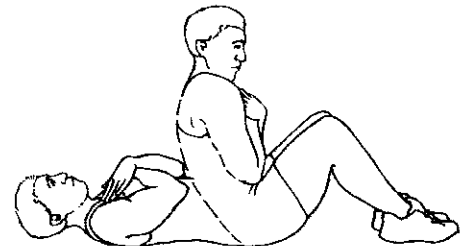
With legs bent, begin by lifting buttocks 6-8 inches from floor. Then slowly extend one knee, keeping stomach tight. Hold 5 seconds, then slowly return to starting position.
Repeat 10 times each side. Do _____ sessions per day.

ABS - 11 Twisting Crunch



Bending and twisting at waist, perform all repetitions to one side. Repeat to other side.
Complete 15-30 repetitions. Do _____ sets.

ABS - 12 Bent Knee Sit-Up



Bending at waist, curl upper body toward knees.
Complete 15-30 repetitions. Do _____ sets.