

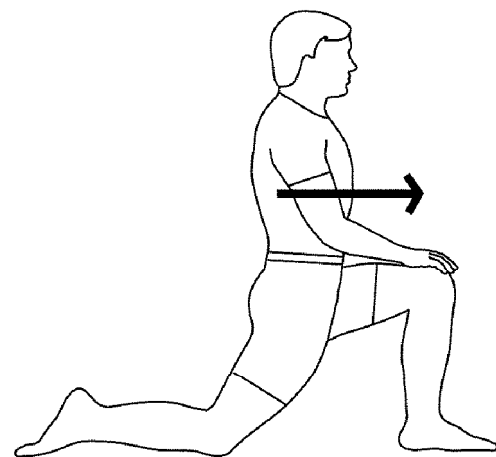
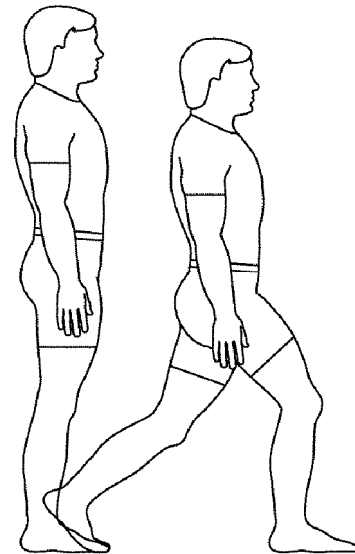
- Stand with feet shoulder distance apart.
- Inhale, take arms out to the side and overhead.
- Return to start position and repeat.

Perform 1 set of 4 Repetitions,  
once every other day.

Perform 1 repetition every 4 Seconds.

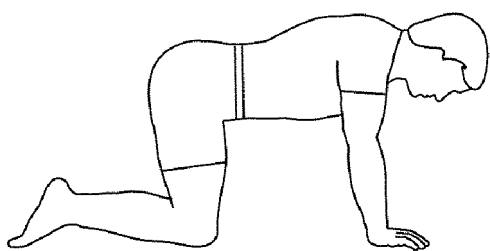
- Stand.
- Step right foot forward as shown, keeping trunk vertical.
- Push back heel to floor.
- Square hips forward.
- Maintain abdominal tone by drawing navel in.
- Hold position for 5 to 9 breaths.
- Repeat 2 more times.

Perform 1 set of 3 Repetitions,  
once every other day.

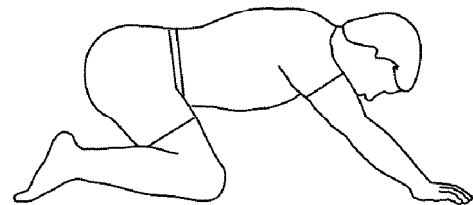


- Half kneel with knee down (kneel on a towel or blanket)
- Lean forward slowly keeping hips and back straight.
- Draw navel in and tip tail downward.
- Feel gentle stretch in front of hip.
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Perform 1 set of 3 Repetitions,  
once every other day.



- Kneel in four point on hands and knees.
- Hands and knees should be shoulder distance apart.
- Hips should be at 90 degrees and low back should be in neutral spine with a slight curve.
- Inhale and then as you exhale, slowly move hips backward maintaining a straight back position.
- Draw navel in toward spine as you exhale and rock back.
- Inhale, return to start position and repeat.
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Perform 1 set of 5 Repetitions,  
once every other day.

Perform 1 repetition every 4 Seconds.

- Lie face down, elbows bent, hands beside face.
- Inhale, ground hips into floor.
- Exhale, push up to elbows, keeping hips on floor.
- Inhale, reach through the crown of your head.
- Exhale, return to start position and repeat.

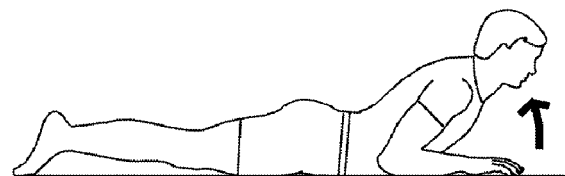


Special Instructions:

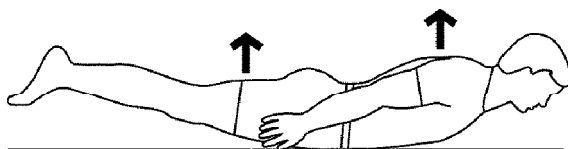
Progress by straightening arms, pushing up a little higher.

Perform 1 set of 5 Repetitions,  
once every other day.

Perform 1 repetition every 4 Seconds.



- Lie face down with arms at sides palms down.
- Inhale, ground pelvis into floor.
- Exhale, activate core abs and lift both legs slightly arch up
- Inhale, grow long through head and toes.
- Exhale, lower and repeat.

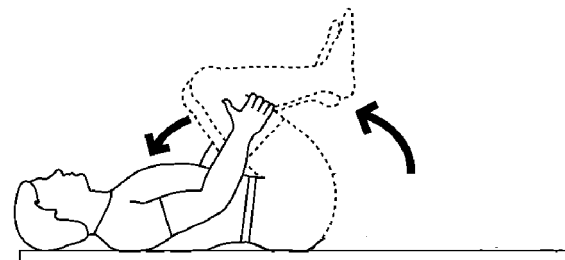


Perform 1 set of 5 Repetitions,  
once every other day.

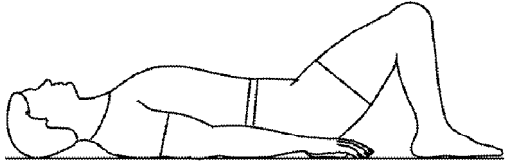
- Lie on back with feet flat on floor and knees bent.
- Bring both knees up into your hands (one at a time).
- Exhale, gently draw your knees into your chest.
- Keep hands under knees.
- Return to start position.

Perform 1 set of 5 Repetitions,  
once every other day.

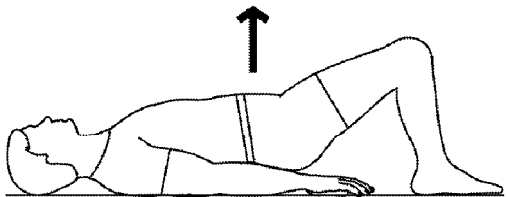
Perform 1 repetition every 4 Seconds.



Issued By: Mark Uridel, MSPT, RYT Signature: \_\_\_\_\_



- Lie on back with knees bent.
- Part 1:
- Inhale, activate core, keeping spine in neutral
- Exhale, lift hips, keeping spine in neutral.
- Inhale, reach through knees holding neutral spine.
- Exhale, return to start position. Repeat 5 times



Special Instructions:

Maintain neutral spine and activate core abdominal muscles and pelvic floor.

Perform 1 set of 5 Repetitions,  
once every other day.

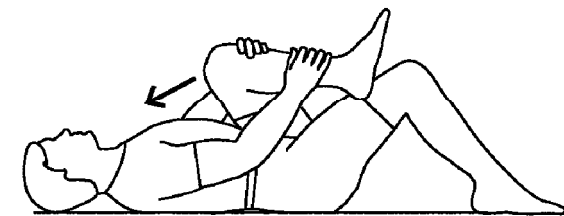
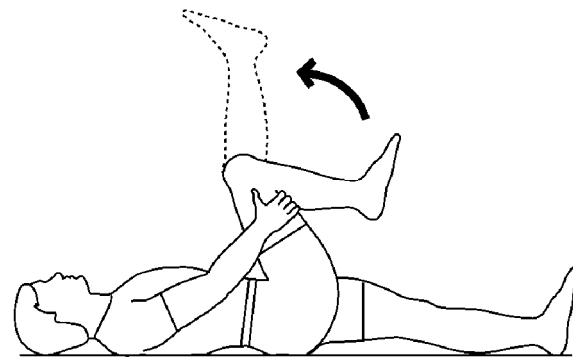
- Lie on back holding knee from behind, pulled toward chest, as shown.
- Gently straighten leg.
- Hold for 5 deep breaths.
- Repeat with other leg.

Special Instructions:

Keep foot on floor and knee bent.

Perform 1 set of 3 Repetitions,  
once every other day.

Hold exercise for 20 Seconds.



- Lie on back with knees bent.
- Cross one leg over the other knee.
- Grasp knee and ankle as shown.
- Pull knee across chest to opposite shoulder as shown.
- Repeat with other leg.

Perform 1 set of 3 Repetitions,  
once every other day.

Hold exercise for 20 Seconds.