

☐ PRONE PRESS-UP

- 1 Lie on your stomach with your feet slightly apart. Rest your forehead on the floor. Relax your stomach, back, and leg muscles.
- 2 Push yourself up on your forearms, keeping your neck straight. Stop when you feel light pressure in your lower back. Hold for _____ seconds. Then slowly lie back down.
- 3 Repeat _____ times. Do _____ sets a day.



CAUTION

- Keep your stomach and hips on the floor.
- Keep your chin tucked. Don't arch your neck.

☐ PARTIAL CURL-UP

- 1 Lie on your back with knees bent, feet flat on the floor. Cross your hands over your chest.
- 2 Pull in and tighten your stomach muscles. Slowly lift your shoulder blades until they start to come off the floor. Hold for _____ seconds, breathing normally. Then slowly lower yourself back down.
- 3 Repeat _____ times. Do _____ sets a day.



CAUTION

- Don't pull up with your neck.
- Keep your arms relaxed.

☐ THE BRIDGE

- 1 Lie on the floor with your back flat and knees bent. Keep your feet and palms flat on the floor.
- 2 Pull in and tighten your stomach muscles. Tighten your buttocks and slowly lift your hips off the floor. Raise your hips only high enough to straighten your lower back. Hold for _____ seconds.
- 3 Repeat _____ times. Do _____ sets a day.



CAUTION

- Use a pillow to keep your neck from arching.
- Don't arch your back.

☐ WALL SLIDE

- 1 Stand with your back and head against a wall. Look straight ahead. Keep your feet shoulder-width apart and at least 12 inches from the wall. Relax your shoulders and tighten your stomach muscles.
- 2 Slowly slide straight down until you feel a stretch in the front of your thighs. Hold for _____ seconds. Then slowly slide back up.
- 3 Repeat _____ times. Do _____ sets a day.



CAUTION

- Don't let your buttocks sink below your knees.
- Look straight ahead and breathe normally.