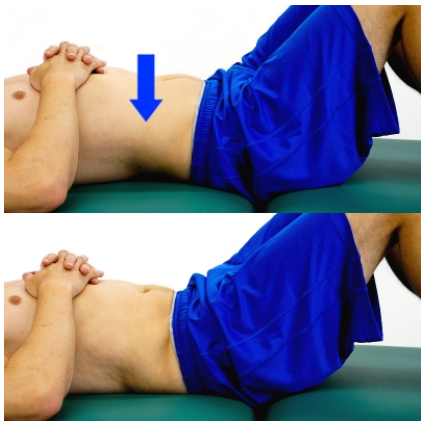
Home Exercise Program

Created by Lisa Kazmar Dec 31st, 2014

View at "www.my-exercise-code.com" using code: 2XKQM5L

Total 15



PELVIC TILT

While lying on your back, use your stomach muscles to press your spine downwards towards the ground. Do not move into a painful position.

Repeat	5 Times
Hold	5 Seconds
Complete	2 Sets
Perform	1 Time(s) a Day

BRIDGE - MARCHING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body.

While holding this position, lift one leg while maintaining a level pelvis. Set it back to the floor and then lift the opposite leg.

Repeat	10 Times
Hold	0 Seconds
Complete	2 Sets
Perform	1 Time(s) a Day

CURL UP - TYPE 2

While lying on your back with your arms crossed over your chest, partially curl up your trunk and lift your shoulder blades off the ground. Then Slowly return to lying down.

Repeat	15 Times
Hold	0 Seconds
Complete	2 Sets
Perform	1 Time(s) a Day

PARTIAL CURL UP OBLIQUES 2

While lying on the floor with your knees bent, slowly raise up and to the side so that your shoulder blade clears off the floor.

Keep your arms folded across your chest the entire time.

Repeat	15 Times
Complete	2 Sets
Perform	1 Time(s) a Day

BRACE - BICYCLE

While lying on your back with your knees bent, raise up both feet and straighten one out in front of you. Then return the leg back and straighten the other. Use your stomach muscles to keep your spine from moving.

Repeat	10 Times
Hold	0 Seconds
Complete	2 Sets
Perform	1 Time(s) a Day

PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop.

Repeat	5 Times
Hold	5 Seconds
Complete	2 Sets
Perform	1 Time(s) a Day

Lateral Plank

While lying on your side, lift your body up on your elbow and feet. Maintain abdominal stabilization and a straight spine.
Hold ___ seconds, slowly lower yourself to the floor. Alternate leg/side.

Repeat	5 Times
Hold	5 Seconds
Complete	2 Sets
Perform	1 Time(s) a Day

QUADRUPED ALTERNATE ARM AND LEG

While in a crawling position, slowly draw your leg and opposite arm upwards.

Your arm and leg should be straight and fully out-stretched.

Repeat	10 Times
Hold	5 Seconds
Complete	2 Sets
Perform	1 Time(s) a Day

WALL PUSH UPS

Standing at a wall, place your arms out in front of you with your elbows straigh so that your hands just reach the wall. Next, bend your elbows slowly to bring your chest closer to the wall. Maintain your feet planted on the ground the entire time.

Repeat	15 Times
Hold	0 Seconds
Complete	2 Sets
Perform	1 Time(s) a Day

BENT KNEE PUSH-UPS

Push up off surface with knees bent. Keep head in line with back. Up on toes.
Slow and controlled movements.

Repeat	15 Times
Complete	2 Sets
Perform	1 Time(s) a Day

Push Ups

Keep the core/abdominals tight. Do not allow the body to arch or sag. Chin, chest, and hips should all touch the floor at the same time on the decent.

Repeat	15 Times
Complete	2 Sets
Perform	1 Time(s) a Day

PRONE BACK EXTENSION

While lying face down, slowly raise your chest upwards and off the ground. Then lower slowly back to the ground.

Repeat	10 Times
Hold	3 Seconds
Complete	2 Sets
Perform	1 Time(s) a Day

PRONE SUPERMAN

While lying face down, slowly raise your arms and legs upward off the ground. Then lower slowly back to the ground.

Repeat	5 Times
Hold	5 Seconds
Complete	2 Sets
Perform	1 Time(s) a Day

SQUATS

While standing with feet shoulder width apart and in front of a stable support for balance assist if needed, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing postion.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat	15 Times
Hold	0 Seconds
Complete	2 Sets
Perform	1 Time(s) a Day

WALL SQUATS

Leaning up against a wall or closed door on your back, slide your body downward and then return back to upright position.

A door was used here because it was smoother and had less friction than the wall.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat	10 Times
Hold	5 Seconds
Complete	2 Sets
Perform	1 Time(s) a Day