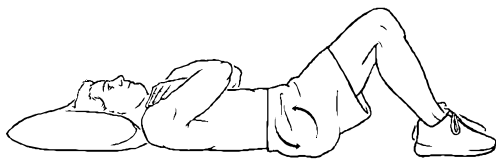


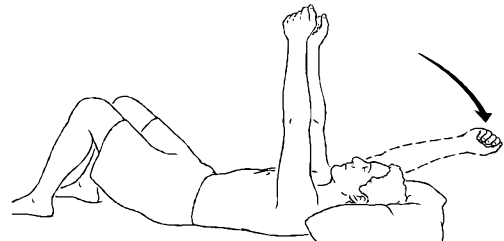
BACK - 56 Pelvic Tilt: Posterior – Legs Bent (Supine)



Tighten stomach and flatten back by rolling pelvis down.  
Hold \_\_\_\_\_ seconds. Relax.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

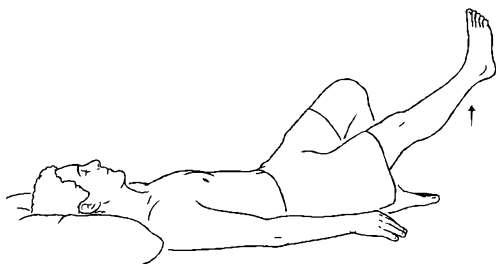
TRUNK STABILITY - 5 Extremity Flexion (Hook-Lying)



Tighten stomach and slowly lower right arm over head until back begins to arch. Keep trunk rigid.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

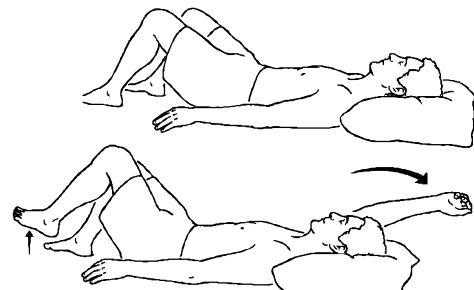
TRUNK STABILITY - 12 Straight Leg Raise



Tighten stomach and slowly raise locked right leg \_\_\_\_\_ inches from floor.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

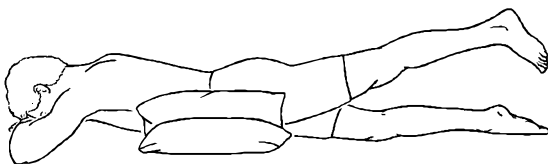
TRUNK STABILITY - 7 Combination (Hook-Lying)



Tighten stomach and slowly raise left leg and lower opposite arm over head. Keep trunk rigid.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

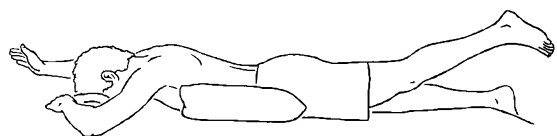
BACK - 4 Hip Extension (Prone)



Lift left leg \_\_\_\_\_ inches from floor, keeping knee locked.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

TRUNK STABILITY - 18 Opposite Arm / Leg Lift (Prone)

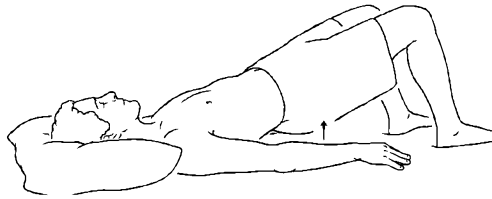


Abdomen and head supported, left knee locked, raise leg and opposite arm \_\_\_\_\_ inches from floor.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

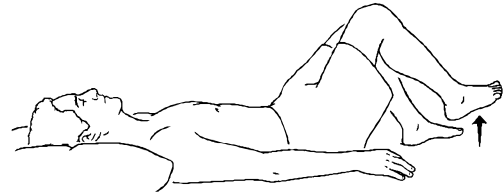


TRUNK STABILITY - 9 Bridging



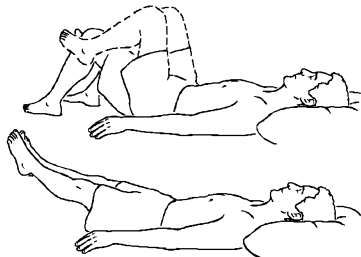
Slowly raise buttocks from floor, keeping stomach tight.  
Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

TRUNK STABILITY - 6 Bent Leg Lift (Hook-Lying)



Tighten stomach and slowly raise right leg \_\_\_\_\_ inches from floor. Keep trunk rigid. Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

TRUNK STABILITY - 14 Double Knee Lift



With knees bent, slowly bring both knees toward chest, keeping stomach tight. Then extend legs without touching feet to floor. Keep trunk rigid.  
Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.