



Bridge March

Holding a bridge position, maintain pelvic tilt and abdominal hollow.
Slowly raise one foot up off the floor keeping pelvis level.
Lower foot back to floor and alternate.

Sets:	1-3
Reps:	10-15
Weight:	
Hold:	5 sec
Rest:	5 sec
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Abdominal Hollow Marching

Lying on back with knees bent and feet flat on the floor.
Arms 45° at sides with palms up.
Maintain abdominal hollow, raise one foot up off the floor keeping knees level.
Bring foot back down and alternate.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Crunches Arms Crossed

Lying on back with knees bent and feet on the floor.
Cross arms across chest and raise upper body up off floor until shoulder blades clear the floor.
Maintain abdominal hollowing throughout movement and keep chin in neutral.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Obliques Arms Crossed

Lying on back with knees bent and feet on the floor.
Cross arms across chest and raise upper body up off floor and rotate one shoulder towards the opposite knee.
Maintain abdominal hollowing throughout the exercise and keep chin in neutral.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Cross Crawl Quadruped

On hands and knees, maintain abdominal hollow and keep back flat.
Slowly extend one leg behind while at the same time extending opposite arm out in front until parallel with floor.
Keep trunk square and stable.
Return arm and leg to floor and alternate.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Side Lying Knee Lift / Hip Rotation

Lying on one side with top knee bent and foot resting on floor. Raise knee up, rotating at the hip, keeping foot in place on floor. Keep pelvis square and stable throughout motion. Hold, breath, lower and repeat.

Sets:	1-3
Reps:	10-15
Weight:	
Hold:	5 sec
Rest:	5 sec
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31