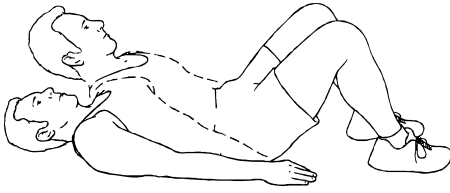


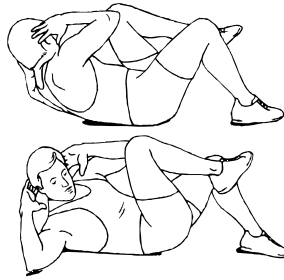
Crunch Bent Knee--strengthen abdominals



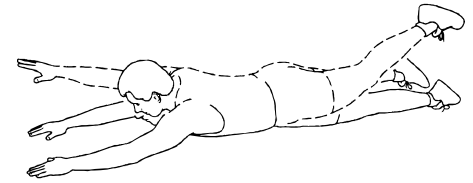
Arms straight, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Crunch: Twist - Bent Leg, Alternating--strengthen abdominals

Legs bent, tighten abdominals, raise upper body and one leg. Twist to touch opposite elbow to raised knee. Alternate sides.

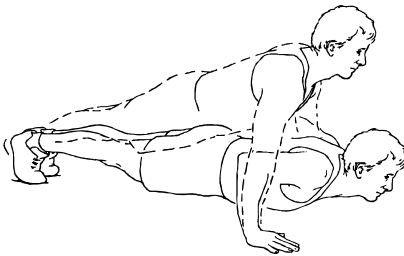


BACK: LOW Leg / Arm Lift: Alternating--strengthen back



Arms and legs as straight as possible, raise opposite arm and leg. Alternate sides.

CHEST Push-Up: Wide Hands--strengthen chest, arms, abdominals



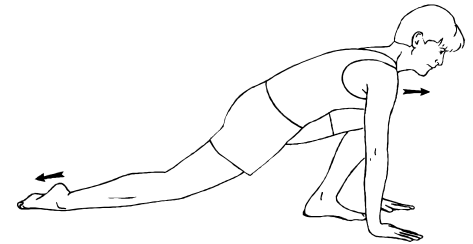
Chest a few inches from floor, push up until arms are straight.

LEGS: GLUTES / THIGHS --Wall Sit--strengthen abdominals and lower body

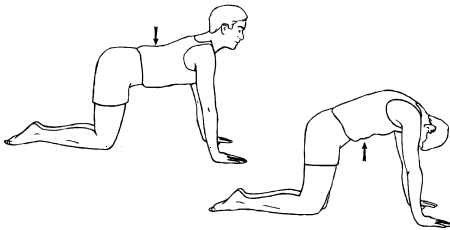
Back against wall, slide down so knees are at 90° angle. Hold \_\_\_\_\_ seconds.



HIP OBLIQUE -Flexors--hip stretch



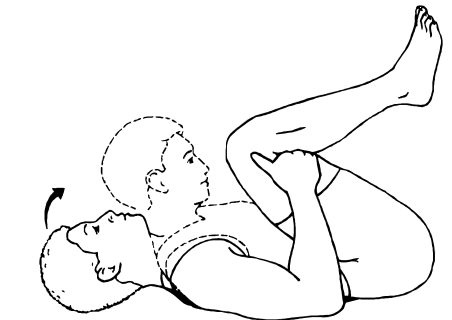
LOWER BACK--Lumbar Extensors--stretch back



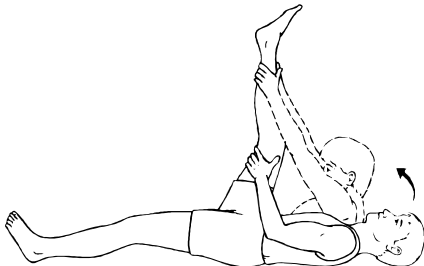
UPPER BACK--Upper and Mid Extensors--stretch back and shoulders



LOWER BACK-Extensors / Gluteal--back stretch

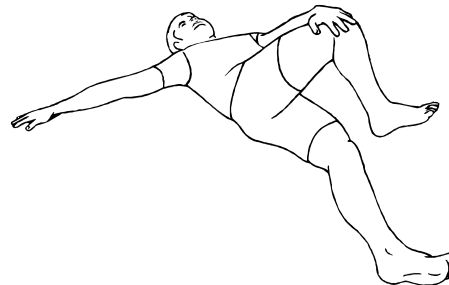


HAMSTRINGS -Leg Raise--hamstring stretch



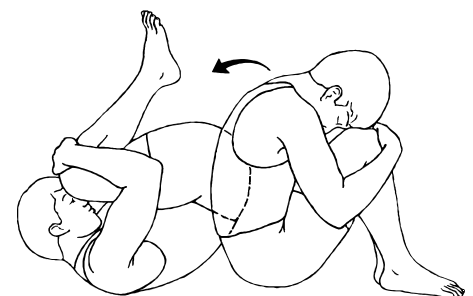
With hand behind knee, pull leg forward until stretch is felt. Hold \_\_\_\_\_ seconds. For more stretch, move hands up the leg toward ankle. Repeat with other leg.

HIP OBLIQUE -External Rotators--back/hip stretch



Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold \_\_\_\_\_ seconds. Repeat with other leg.

LOWER BACK -Mid and Lower Extensors--stretch back



With chin on chest, gently roll back and forth on spine.