

STEP 1



STEP 2



### Dead Bug on Foam Roll

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 4**

#### Setup

Begin lying with a foam roll vertically along the middle of your back, knees bent, and feet resting on the ground.

#### Movement

Tighten your abdominals, lift one leg off the ground, keeping your knee bent, and at the same time lift one arm overhead. Repeat with your other arm and leg.

#### Tip

Make sure your head is resting on the foam roll and do not arch your low back during the exercise.

STEP 1



STEP 2



STEP 3



### Supine 90/90 Alternating Toe Touch

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 4**

#### Setup

Lie on your back with your knees bent.

#### Movement

Lift your legs off the ground to form a 90 degree angle. Slowly lower one leg, touching your toes to the floor, then return to the starting position and repeat with the opposite leg.

#### Tip

Do not allow your low back to arch during the exercise.

STEP 1



STEP 2



### Standard Plank

**REPS: 1 | SETS: 4 | HOLD: 30 | DAILY: 1 | WEEKLY: 4**

#### Setup

Begin lying on your front, propped up on your elbows.

#### Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

#### Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



### Side Plank on Elbow

**REPS: 1 | SETS: 4 | HOLD: 30 | DAILY: 1 | WEEKLY: 4**

#### Setup

Begin lying on your side with your feet stacked, resting on your elbow.

#### Movement

Lift your hips off the floor so your body is in a straight line and your hips and shoulders are facing forward. Hold this position.

#### Tip

Make sure to keep your head in line with your trunk, do not let your hips drop toward the floor, and do not roll forward or backward during the exercise.

STEP 1



STEP 2



### Plank with Hip Abduction

**REPS: 10 | SETS: 2 | HOLD: 5 | DAILY: 1 | WEEKLY: 4**

#### Setup

Begin on all fours with your feet resting on sliders.

#### Movement

Move your body into a plank position with your feet together. Slowly slide one leg out to your side, then bring it back to the starting position and repeat with your other leg.

#### Tip

Make sure to keep your core engaged, and do not let your hips rotate to either side as you move your legs.

STEP 1



STEP 2



### Standing Diagonal Chops with Medicine Ball

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 4

**Setup**

Begin in a standing upright position, holding a weighted medicine ball in both hands up to one side of your body.

**Movement**

Slowly pull the ball down and across your body in a diagonal movement, rotating your trunk, then return to starting position and repeat.

**Tip**

At the top of the movement, make sure to have your arms straight, and activate your core muscles as you rotate.

STEP 1



STEP 2



STEP 3



### Standing Anti-Rotation Press with Anchored Resistance

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 4

**Setup**

Setup Directions

**Movement**

Begin in a standing upright position holding a resistance band in both hands that is anchored at your side.

**Tip**

Press your arms straight forward. Hold briefly, then bring your arms back in and repeat.