

### θ Pelvic Tilts



exhale and use abs to flatten back  
inhale and relax

Do \_\_\_ sets of \_\_\_ repetitions

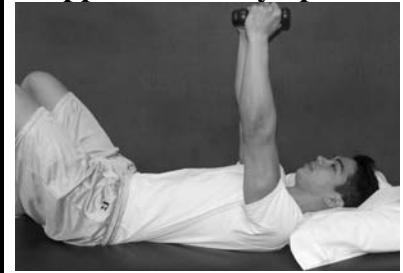
### θ Crunches



exhale and lift shoulders up and down,  
to engage lower abs, draw stomach in

Do \_\_\_ sets of \_\_\_ repetitions

### θ Upper Extremity Splits



brace abs and don't let back arch  
while moving arms

Do \_\_\_ sets of \_\_\_ repetitions

### θ Wall Squats with Abdominal Brace



slide up and down  
the wall

use abs to push  
back flat against  
wall

Do \_\_\_ sets of \_\_\_ repetitions

### θ Bridges



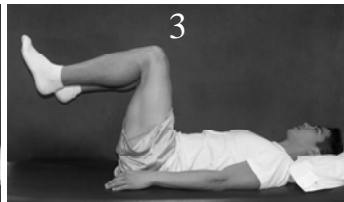
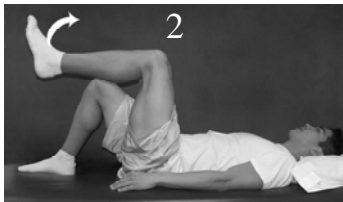
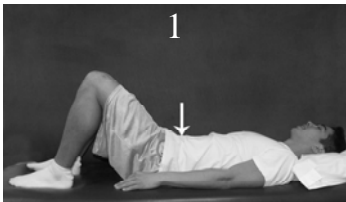
lift buttocks up to a  
comfortable level and return

Do \_\_\_ sets of \_\_\_ repetitions

### θ Bridges on the Ball



### θ Abdominal March



**Single Leg:** exhale, stabilize with abs, and lift one leg and lower it (just steps 1 and 2)

**Double Leg:** exhale, stabilize with abs and lift one leg, then the other, and then lower one at a time (steps 1-4)

Do \_\_\_ sets of \_\_\_ repetitions

**KEEP BACK FLAT!**

**θ Abdominal Bicycle**



exhale, stabilize with abs, and extend one leg at a time, keeping back flat

Do \_\_\_ sets of \_\_\_ repetitions

**θ Back Extensions on the Ball**



lift upper chest up off ball, use arms to assist a little

Do \_\_\_ sets of \_\_\_ repetitions

**θ Abdominal March on Ball**



exhale, stabilize with abs, and lift one leg alternate legs and try to sit tall

Do \_\_\_ sets of \_\_\_ repetitions

**θ Prone Bird Dog Extensions**



exhale, stabilize with abs, and lift opposite arm and leg and return. repeat with alternate arm and leg and always keep back flat

Do \_\_\_ sets of \_\_\_ repetitions

**θ Quadruped Bird Dog Extensions**



**θ Bird Dog on Ball**



θ \_\_\_\_\_

θ \_\_\_\_\_

θ \_\_\_\_\_