

1.



Alternating Upper/Lower  
 Extremities

1. Begin on hands and knees with spine in neutral and abdominal muscles engaged. Maintaining neutral spine, lift left leg and right arm. Hold several seconds and slowly lower. Repeat lifting opposite arm and leg. Perform \_\_\_ repetitions alternating sides.

2a.



Side  
 view



2b.



Bridges x3

2a. Lie on your back with knees bent and feet flat on the floor. Tuck pelvis slightly. Squeeze buttocks as you lift hips. Hold 5 seconds and slowly lower. Repeat 10 times.

2b. Place ball between knees. Perform as above, squeezing the ball between knees as you lift.

2c.



2c. Attach strap/belt around lower thighs. Perform as above, pushing thighs out against strap.

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