

Replay x 4 with Theraband

(It is recommended that you wear a pair of jeans or other pants that have sturdy belt loops.)

Tie one end of a theraband to a doorknob, and the other to the belt loop on the right hip.

--Forward Hip Rotation: Facing away from the theraband, lift your right foot off the ground so that you are balancing on your left. Then, without moving your body from the ribcage on up, rotate your right hip forward, and then back to slightly past neutral. (The focus is on using the **obliques**—the side abdominal muscles-- for rotation) Do ___ repetitions.

--Back Hip Rotation: Facing towards the theraband, lift your right foot off the ground so that you are balancing on your left. Then, without moving from the ribcage on up, rotate your right hip back, and then forward just past neutral. (The focus is on using the **multifidi**—the tiny muscles along the side of the spine-- for rotation) Do ___ repetitions.

When finished, tie the theraband to the belt loop on the left hip, and repeat.

First Ray Walking with Theraband

(It is recommended that you wear a pair of jeans or other pants that have sturdy belt loops.)

Tie one end of a theraband to a doorknob, and the other to a belt loop directly in back. Start with the right foot in front, and the left foot in back, and then take a natural step forward with the left foot. You should then push off from the ball of the right foot, emphasizing the first ray (the invisible line running between the first and second toes). Hold for one second, then take a natural step back. Do ___ repetitions. Switch feet.