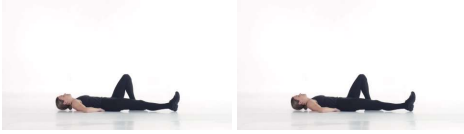


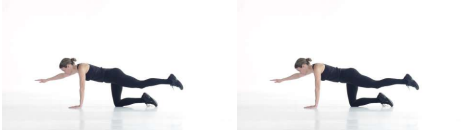
WORKOUT

1. Beginner Curl Up



| Set | Reps (5-10) | Tempo(3-5) | Rest | Weight | Notes |
|-----|-------------|------------|------|--------|-------|
| 1 | | | | | |
| 2 | | | | | |

2. Bird Dog



| Set | Reps (5-10) | Tempo(6-10) | Rest | Weight | Notes |
|-----|-------------|-------------|------|--------|-------|
| 1 | | | | | |
| 2 | | | | | |

3. Side Plank from Knees



| Set | Reps (5-10) | Tempo(3-5) | Rest | Weight | Notes |
|-----|-------------|------------|------|--------|-------|
| 1 | | | | | |
| 2 | | | | | |

4. Dead bug



| Set | Reps (8-10) | Tempo(6-10) | Rest | Weight | Notes |
|-----|-------------|-------------|------|--------|-------|
| 1 | | | | | |
| 2 | | | | | |

5. Clams

Can add elastic band



| Set | Reps (1-2) | Tempo(30-60) | Rest | Weight | Notes |
|-----|------------|--------------|------|--------|-------|
| 1 | | | | | |
| 2 | | | | | |

6. Hip abduction, side lying

Can add elastic band



| Set | Reps (1-2) | Tempo(30-60) | Rest | Weight | Notes |
|-----|------------|--------------|------|--------|-------|
| 1 | | | | | |
| 2 | | | | | |

Exercise Descriptions

Side Plank from Knees

Start by lying on side and then create a bridge with elbow underneath the shoulder, the lower hip off the ground, and your knees angled at 90 degrees. The bottom shoulder, hip, and knee should create a straight line with the hips perpendicular to the ground. Once you establish stability in the proper position, hold for 15-20 seconds. If there is any change in the side plank position during the hold, return to the ground immediately. After completing the hold, turn the body and return to start position and perform on the other side. The focus is the quality of position and hold, not how long you can hold the position. Don't forget to discontinue the repetition if there is any break in good form once you set the position.

Clams

Athlete lays on side with legs bent together. Then top hip is abducted and opens up like a clam shell keep feet together.

Beginner Curl Up

Lie on your back with one knee bent and the other leg straight. Place both hands in the natural curve of your lumbar spine so that your elbows rest on the floor. Keep your spine in a neutral position. Brace your abdominals, place your tongue against the roof of your mouth and keep your chin tucked in. Slowly raise your head off the floor. Your elbows may push in to the floor. Hold as per instruction. Slowly return to start position.

Bird Dog

On hands and knees, keep back flat and engage core. Slowly extend one leg behind while at the same time reaching opposite arm in front until parallel with floor. Keep trunk stable, avoid twisting. Hold as per instruction, slowly return to start position, repeat. Stop if the exercise causes pain.

Dead bug

Lying on back with feet on the floor, knees bent 90 degrees and arms extended toward the ceiling. Slowly straighten one leg out and raise the opposite arm over head toward the floor. Engage core throughout movement. Hold as per instruction and return to starting position and repeat with opposite side. Stop if the exercise causes pain.

Hip abduction, side lying

Lie on your side (affected side up) with knees together and both legs straight OR with bottom leg bent for balance. Lift your knee off the other knee and continue to raise the leg up towards the ceiling without allowing it come forward. Hold as per instruction and repeat