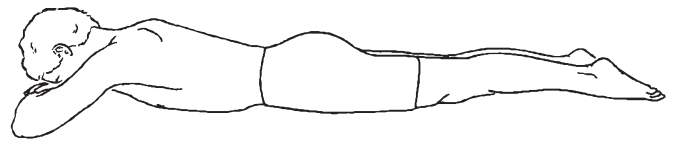


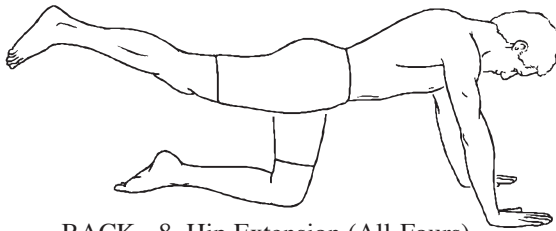
BACK - 4 Hip Extension (Prone)

Lift left leg 2 inches from floor, keeping knee locked.
Repeat 10 times per set. Do 2 sets per session.
Do 2 sessions per day.



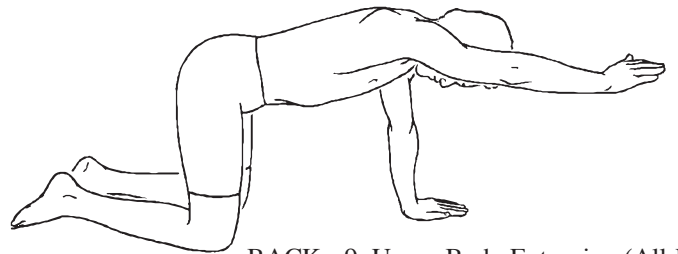
BACK - 7 Gluteal Sets

Tighten buttocks while pressing pelvis to floor.
Hold 10 seconds.
Repeat 10 times per set. Do 2 sets per session.
Do 2 sessions per day.



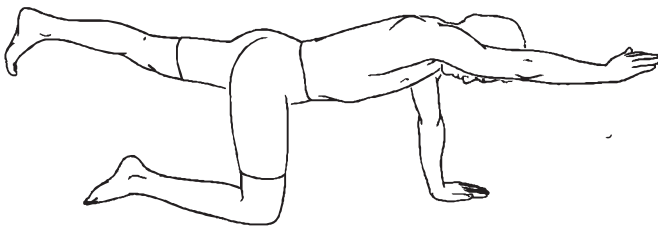
BACK - 8 Hip Extension (All-Fours)

Lift right leg back with knee slightly flexed. Do not arch neck or back.
Repeat 5 times per set. Do 2 sets per session.
Do 2 sessions per day.



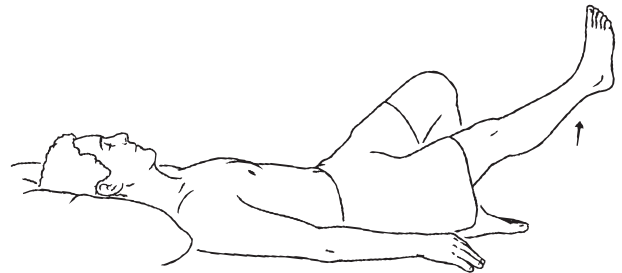
BACK - 9 Upper Body Extension (All-Fours)

Raise right arm in front. Do not arch neck. Be sure to keep back flat.
Repeat 5 times per set. Do 2 sets per session.
Do 2 sessions per day.



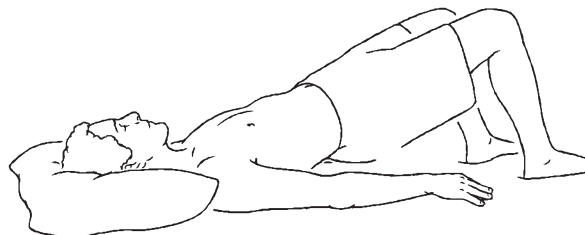
BACK - 10 Arm / Leg Extension: Alternate (All-Fours)

Raise right arm and opposite leg. Do not arch neck.
Repeat 5 times per set. Do 2 sets per session.
Do 2 sessions per day.



TRUNK STABILITY - 12 Straight Leg Raise

Tighten stomach and slowly raise locked right leg 3 inches from floor.
Repeat 10 times per set. Do 1 sets per session.
Do 2 sessions per day.



TRUNK STABILITY - 9 Bridging

Slowly raise buttocks from floor, keeping stomach tight.
Repeat 10 times per set. Do 1 sets per session.
Do 2 sessions per day.