



### Cat/Camel

Hands under shoulders, knees under hips. Lift head and chest and let stomach sink. Then round the back and bring head and hips together. Avoid bending elbows and moving body forward and back.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

Notes:



### Yoga Twist

Lay on back with arms straight out to the side, legs straight, one ankle over the other. Twist at the hips gently moving side to side. Do not force range of motion

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

Notes:



### Bent Knee Twist

Start on back, knees bent, feet flat on floor. with feet and knees together, allow the knees to fall gently side to side. Dont force range of motion. Keep the shoulders down.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

Notes:



### Shoulder clocks

Lie on one side with knees bent and hands together. While keeping hips on the ground, gently bring arm to other side of the body. Repeat

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31

Notes:



### Supine Bridge

Start on back, arms at side, knees bent, feet flat on the floor. Squeeze butt throughout the movement going up as high as the glutes take you. lower under control to a point just above ground, then repeat.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

Notes:

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |



### Side Lying Trunk Twist

Start on side, arms outreached, hips and knees flexed to a 90 degree angle. Reach back and across the body with the top arm until you get a stretch in the middle and lower portion of the back. "down" knee should not come off the ground.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

Notes:

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |



### Quadrapped arm-leg raise

Start on all fours, knees under hips, hands under shoulders. Brace the stomach, squeeze the glutes. Press the heel straight back to straighten the leg while keeping the torso level and spine neutral. Balance a book on your back to insure proper form.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

Notes:

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |



### Fire Hydrants

From all-four position, abduct the thigh on one side as high as possible. At the end range, extend the leg back completely, and then return to starting position.

|         |        |
|---------|--------|
| Sets:   | 2-3    |
| Reps:   | 2x     |
| Weight: |        |
| Hold:   | 15 sec |
| Rest:   |        |
| 2x/day  |        |

Notes:

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |



### Calf Stretch

Start in "pike" position, hips high. Place left foot behind right ankle with legs straight out. Press heel of right foot down to stretch hold for 1-2 seconds then go back up on your toe.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

Notes:

1 2 3 4 5 6 7  
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### Serratus Push-Up Plus

Start in a push up position (or on knees), allow shoulder blades to come together. Drop about 2 inches toward the floor. Protract shoulder blades to return to starting position

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

Notes:

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30 31



### Single leg supine bridge

Start on back, arms at sides, knees bent, feet flat on floor. Squeeze butt on plant side and pull opposite leg toward chest. Go only as high as your glutes will let you, don't arch the back. Lower yourself under control to a point just above ground and repeat. Maintain abdominal brace and neutral spine.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

Notes:

1 2 3 4 5 6 7  
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### Supine Leg Whips

Lay on your back and push your hips up by activating your glutes. With hips up, raise one leg straight up. Lower the leg directly to the side, then "whip" it back up to starting position.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

Notes:

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
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### Glute Med Hip Hikes

Standing on one leg, let hip on balancing side "poke out". Hold for 2 seconds, then "correct" back to the starting position. Keep your torso level and don't let the body rotate.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

Notes:

1 2 3 4 5 6 7  
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### Overhead Broomstick Dislocations

Hold a broomstick or towel in front of hips with a wide overhand grip. Smoothly arc the bar overhead while keeping arms straight, stretching chest, shoulder and hips. Continue in this path until the bar meets the back of the hips.

|         |  |
|---------|--|
| Sets:   |  |
| Reps:   |  |
| Weight: |  |
| Hold:   |  |
| Rest:   |  |

Notes:

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
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