













<p><b>Side Bridge</b> (also referred to as a 'side plank')</p>		<p>Lie on your right side with your left arm resting along your body. Slowly raise yourself up onto your right forearm. Your right elbow should be directly below your right shoulder. Your shoulders, hips and knees should be in a straight line.</p> <p>Hold and then slowly lower your body back down to the starting position.</p> <p>Repeat on the left side.</p>
<p><b>Front Bridge</b> (also referred to as a 'plank')</p>	 	<p>Lie on your stomach and slowly lift your body up off the ground until you are resting on your forearms and <b>toes</b>. Keep your shoulders above your elbows and your head, neck and back in a straight line. Contract your abdominal and butt muscles to keep your body straight.</p> <p>Modified front bridge – lie on your stomach and slowly lift your body up off the ground until you are resting on your forearms and <b>knees</b>. Same as above.</p>
<p><b>Heel Kickouts</b></p>		<p>Lie on your back with your arms out the side, palms facing down. With knees bent 90 degrees and feet flat on the floor, slowly lift both legs up off the floor until your knees are above your hips. Slowly straighten one leg at a time and then return to starting position.</p>
<p><b>Back Extension</b></p>		<p>Lie on your stomach with arms out above your head, palms facing down. Slowly lift your chest, shoulders, arms and head off the floor.</p> <p>Hold, slowly lower your body down and then repeat.</p>

<p><b>Back Extension on a ball</b></p>		<p>On a ball – Rest your hips and lower abdomen on the ball with your feet shoulder width apart.</p> <p>With your hands beside your head or in front of your body, slowly lift your upper body up off the ball. Lift only to a straight neutral position (don't over extend your back).</p> <p>Hold, slowly lower your body down and then repeat.</p>
<p><b>Opposite Arm/Leg Lift</b></p> <p><b>Leg Lifts on a ball</b></p>	 	<p>Start on your hands and knees with your hands placed directly below your shoulders and your knees directly below your hips.</p> <p>Slowly straighten your left leg and right arm while lifting them off the floor. Hold. Slowly return to starting position. Repeat with your left arm and right leg.</p> <p>On the ball – Sitting up straight, feet planted shoulder width apart on the floor, slowly lift one leg out in front. Hold. Slowly return to starting position. Repeat with opposite leg.</p>
<p><b>Hip Abduction Leg Lift</b></p>		<p>Lie on your side with your upper body resting on your forearm. With your foot flexed slowly lift your top leg, hold, and then slowly lower it back down.</p> <p>Repeat on the other side.</p>
<p><b>Balancing on a Ball</b></p>		<p>Carefully place one knee at a time on the ball. Kneel on the ball, holding your abdominals tight.</p>

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