



Cat / Camel

On hands and knees.
Let stomach muscles relax and spine sag down.
Suck stomach muscles up and in and arch spine up toward the ceiling like a 'mad cat'.
Lower back down and repeat.
Move within your pain free range of motion.

Sets:	2
Reps:	10
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

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



Bridge

Lie on back with knees bent and feet flat on the floor.
Place arms 45° at sides with palms up.
From a pelvic tilt position and maintaining abdominal hollowing, squeeze buttocks and slowly raise pelvis up off floor into a bridge position.
Shoulder blades should remain on floor.
Hold at end position, then lower and repeat.

Sets:	2
Reps:	15-20
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

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



Quadruped Arm Raise / Leg Drag

On hands and knees on the floor.
Slowly raise one arm up over head and straighten opposite leg out behind while keeping toe on floor.
Keep spine level, chin tucked and maintain an abdominal hollow throughout the movement.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

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



1/2 Side Bridge

Lying on one side with knees bent keeping knees, hip and shoulder in line.
Support upper body on elbow, placing elbow directly under shoulder.
Raise hip up off floor.
Avoid rotating forward or backward.

Sets:	3
Reps:	20
Weight:	
Hold:	5 sec
Rest:	30-60
5 x/week	

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