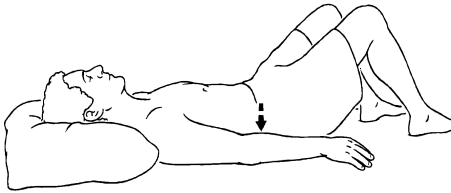


TRUNK STABILITY - 4 Breathing in Neutral Spine

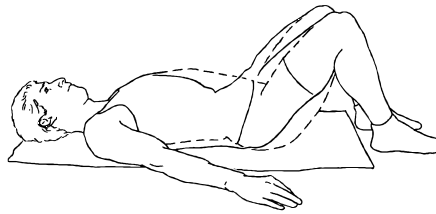


Lie on back with knees bent. As you exhale, pull abdominals in towards spine. Hold 2-5 seconds. Keep your tail bone down, your buttocks relaxed.

Be sure not to tense your shoulders and neck.

Repeat 10 times per set.

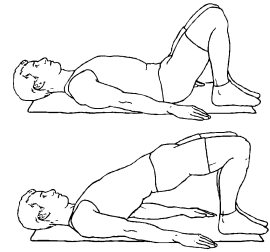
BEGINNER - 3 Coccyx Curl



Lie on back, legs bent. Exhale, pull stomach in, tighten abs then squeeze bottom and roll up through your spine. Inhale, rolling back down through the spine. Allow your head to rock gently while doing this exercise.

Repeat 6 times.

BEGINNER - 28 Bridge

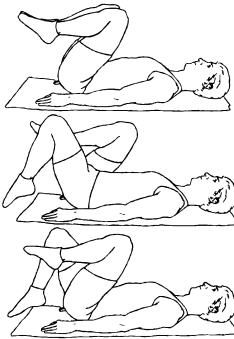


Lie back, legs bent. Exhale, pull low belly in and roll up through spine. Keep ribs in. Inhale, rolling down along spine from top.

Repeat 8 times.

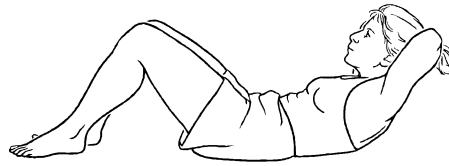
BEGINNER - 6 Tiny Steps

Lie on back, legs in tabletop position, arms by sides. Exhale, lowering leg to just touch toes to mat. Inhale, returning knee to chest. Keep abdominals tight by pulling low belly towards spine.



Repeat 8 times, alternating legs.

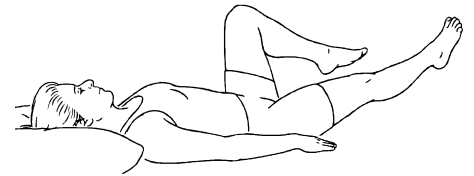
Pilates custom: Curl-Up: Phase 3



Clasp hands behind your neck for support. Exhale and roll up to the upper ab position, inhale and roll back down. Keep lower abdominals relaxed and pelvis neutral.

Repeat 8 times.

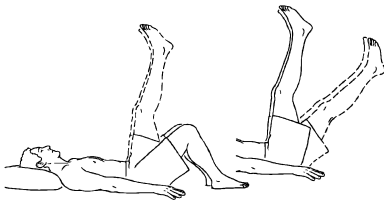
SINGLE LEG STRETCH- Modified



With legs in table top position, extend one leg out at a time. Make sure that belly is pulling in towards spine, and that your torso remains still throughout the exercise.

Repeat 6 times (or as tolerated).

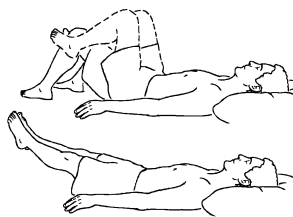
Neck Pull- Modified



Slowly lift legs together and straighten both knees. Turn feet out to activate gluts. Flatten back throughout exercise and then slowly lower straight legs as you exhale. Inhale to bring them back up.

Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

Double leg stretch- Modified



Start by bringing legs to tabletop position. Keep stomach tight and back FLAT throughout this exercise. Extend legs at approximately a 45 degree angle as you exhale, return to the start position as you inhale.

Repeat about 6 times.

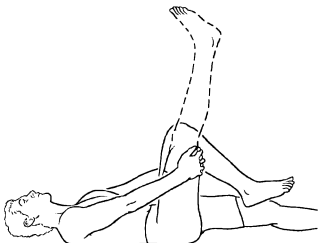
HIP / KNEE - 48 Piriformis (Supine)



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Repeat on the other side.

Hold at least 30 seconds.

BACK - 34 Hamstring Stretch: Active



Support behind right knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh. Keep hips down the whole time. Hold 60 seconds. Repeat on the other side.