

Exercises

(Perform 15 reps for beginner, 30 reps for advanced)

Ball Back Extension



Place your feet against a solid surface. Rest lower-stomach on ball with hands near your head. Slowly lift your torso upwards, coming slowly back down.

Back Extensions



Rest on your stomach and place your hands at about elbow distance. Push upwards until your elbows are nearly locked, or until you feel tension.

Stomach Flutter Kicks



Rest on your stomach and place your hands in front of your face. Lift both feet off the ground, raising one higher than the other. Briefly hold and switch legs. The toes need not be pointed.

Lateral Leg Raise



Rest on your side with legs aligned vertically. Steadily raise upper leg and briefly hold on top before slowly coming back down. Repeat for opposite leg.

Hip & Arm Extensions



Begin with hands in line with your shoulders and knees below your buttocks. Repeat all exercises for both arms and legs. **Advanced - don't let the arm/leg touch the floor between reps.**



ARM: Slowly raise arm straight in front of you, briefly hold, and bring back down.



LEG: Slowly raise leg straight behind you, briefly holding and flexing your buttocks, and then bringing the leg down.

Pelvic Floor Exercise



Rest on your back with knees bent and both feet flat on the floor. Press your heels into the floor as you steadily raise your pelvis and then come back down.



ARM & LEG: Slowly raise opposite hand and leg, briefly holding at the top, and then bringing them back down.

Wall Arm Raise



Sit with your back against a solid surface, with your knees bent. Touch your elbows and hands to the wall behind you and brush them against the wall as you raise your hands straight above your head.