

Supine Bridge

REPS: 10	SETS: 1	HOLD: 5	DAILY: 2
WEEKLY: 5			



Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Clamshell

REPS: 10	SETS: 1	HOLD: 5	DAILY: 2
WEEKLY: 5			



Setup

Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip

Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

Sidelying Hip Abduction

REPS: 10	SETS: 1	HOLD: 5	DAILY: 2
WEEKLY: 5			



Setup

Begin lying on your side with your top leg straight and your bottom leg bent.

Movement

Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.

Tip

Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

Supine Posterior Pelvic Tilt

REPS: 10	SETS: 1	HOLD: 5	DAILY: 2
WEEKLY: 5			



Setup

Begin by lying on your back with your knees bent and feet resting on the floor.

Movement

Slowly bend your low back and tilt your pelvis backward into the floor, then return to the starting position and repeat.

Tip

Make sure to only move your pelvis and low back and keep the rest of your body relaxed.

Supine Transversus Abdominis Bracing - Hands on Stomach

REPS: 10	SETS: 1	HOLD: 5	DAILY: 2
WEEKLY: 5			



Setup

Begin lying on your back with your knees bent, feet resting on the floor, and your fingers resting on your stomach just above your hip bones.

Movement

Tighten your abdominals, pulling your navel in toward your spine and up. You should feel your muscles contract under your fingers. Hold this position, then relax and repeat.

Tip

Make sure to keep your back flat against the floor and do not hold your breath as you tighten your muscles.

Supine March

REPS: 10	SETS: 1	HOLD: 5	DAILY: 2
WEEKLY: 5			



Setup

Begin lying on your back with your arms resting at your sides, your knees bent and your feet flat on the ground.

Movement

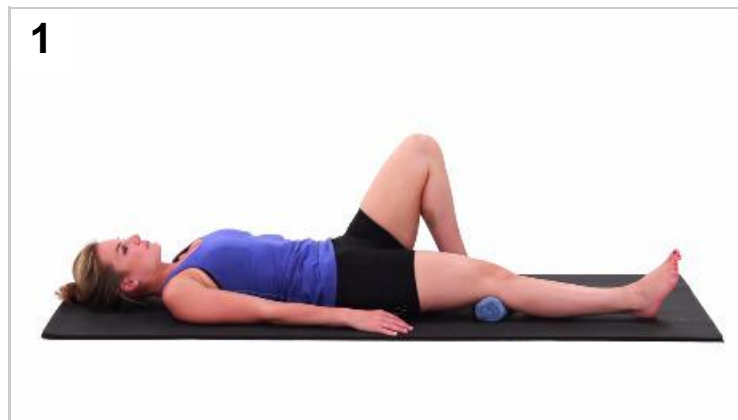
Tighten your abdominals and slowly raise one of your legs off the floor, keeping your knee bent. Then return to the starting position and repeat with your other leg.

Tip

Make sure to keep your trunk stiff during the exercise and do not let your low back arch.

Supine Quad Set

REPS: 10	SETS: 1	HOLD: 5	DAILY: 2
WEEKLY: 5			



Setup

Begin lying on your back with one knee bent and your other leg straight with your knee resting on a towel roll.

Movement

Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

Tip

Make sure to keep your back flat against the floor during the exercise.

Supine Hip Adduction Isometric with Ball

REPS: 10	SETS: 1	HOLD: 5	DAILY: 2
WEEKLY: 5			



Setup

Begin lying on your back with your legs bent, feet resting on the floor, and a soft ball positioned between your knees.

Movement

Squeeze your knees together into the ball, then release and repeat.

Tip

Make sure to keep your back flat against the floor during the exercise.

Seated Long Arc Quad

REPS: 10	SETS: 1	HOLD: 5	DAILY: 2
WEEKLY: 5			



Setup

Begin sitting upright in a chair.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

Cat-Camel

REPS: 10	SETS: 1	HOLD: 5	DAILY: 2
WEEKLY: 5			



Setup

Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees.

Movement

Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat.

Tip

Make sure to use your entire back for the motion and keep your movements slow and controlled.

Standing Heel Raise

REPS: 10	SETS: 1	HOLD: 5	DAILY: 2
WEEKLY: 5			



Setup

Begin in a standing upright position with your feet shoulder width apart.

Movement

Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip

Make sure to keep your upper body still and avoid gripping with your toes.

Supine Heel Slide

REPS: 10	SETS: 1	HOLD: 5	DAILY: 2
WEEKLY: 5			



Setup

Begin lying on your back with your legs straight.

Movement

Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

Tip

Make sure not to arch your low back or twist your body as you move your leg.

Plank on Knees

REPS: 10	SETS: 1	HOLD: 5	DAILY: 2
WEEKLY: 5			



Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

Supine Gluteal Sets

REPS: 10	SETS: 1	HOLD: 5	DAILY: 2
WEEKLY: 5			



Setup

Begin lying on your back with your hands resting comfortably.

Movement

Tighten your buttock muscles, then release and repeat.

Tip

Make sure not to arch your low back during the exercise or hold your breath as you tighten your muscles.