

Notes :

1 Crunch with rotation



Reps: 6 Freq: daily Hold: 10"

Lie on your back with your knees bent and your feet flat on the floor. Place your arms across your chest and tuck your chin in. Tighten your stomach muscles and lift one shoulder off the ground so as to bring it towards the opposite knee (rotate your trunk to one side). Hold this for the recommended time and return to the starting position. Repeat with the opposite shoulder and knee.

2 Lower trapezius activation



Reps: 6 Freq: daily Hold: 10"

Lie down in prone with your feet on the ground and your arms by your side with your hands pointing forward. Lift the elbows and the wrist off the ground as high as you can and keep the head in line with the spine. Keeping the wrist and elbows high reach forward and come back. Repeat.

3 TA activation, leg lowering



Sets: 2 Reps: 10 Freq: Daily

Lie on your back with your knees bent and your lower back in neutral position (slightly arched). Engage your core by recruiting your pelvic floor and transverse abdominis. Maintain a steady abdominal breathing while you lift one knee up to 90 degrees and then the other. Then, straighten one leg without touching the floor and without moving your lower back. Return your leg up and repeat with the other leg before returning to the starting position by lowering one leg at a time.

4 Side bridge+hip abduction



Sets: 2 Reps: 10 Freq: daily

Lie on your side, bend your knees to 90 degrees and place your legs in line with your body. Place your elbow on the floor right underneath the shoulder. Lift the pelvis from the floor and extend the top leg. Lift your leg as high as possible.

5 Stabilization Prone plank



Reps: 6 Freq: daily Hold: 10"

Lie on stomach propped up on your forearms and toes with your chin tucked in. Lift up your body creating a straight line with your body. Maintain the position without arching the lower back and relax.

Notes :



1 Crunch with rotation

Reps: 6 Freq: daily Hold: 10"

XGEN227



2 Lower trapezius activation

Reps: 6 Freq: daily Hold: 10"

GEN42147



3 TA activation, leg lowering

Sets: 2 Reps: 10 Freq: Daily

GEN24015



4 Side bridge+hip abduction

Sets: 2 Reps: 10 Freq: daily

XGEN1686



5 Stabilization Prone plank

Reps: 6 Freq: daily Hold: 10"

XGEN2183