

Notes :

1 Crunch w/ knee extension



Reps: 6 Freq: daily Hold: 10"

Lie on your back with your knees bent and hands behind your head. Engage your core by recruiting your pelvic floor and transverse abdominis. Simultaneously extend one leg out until the knee is straight and raise the upper back off the floor. Hold as recommended. Lower and alternate legs.

2 Rotatory stability



Sets: 2 Reps: 10 Freq: daily

Get on your hands and knees (four point position) with your knees directly under your hips and your hands directly under your shoulders. Your back is in neutral position (slightly arched) and your chin must be tucked in. Lift one arm overhead and the opposite leg straight back. Return the arm and leg down without touching the ground and touch the elbow to the opposite knee, keeping your back in neutral position and your chin tucked-in. Repeat with the other arm and opposite leg.

3 Advanced side bridge roll



Sets: 2 Reps: 10 Freq: daily Hold: 1

Perform bilaterally. Lie on the floor or a table on one side. Keep your legs straight and use the feet alone to support the lower body. Tighten your abdominal muscles when you raise the body off the floor, using your elbow and lower arm as a support. From the side bridging position, roll until both elbows are on floor. Then roll to opposite elbow, keeping your abdominal muscles tight. Roll back to the starting position and repeat for the required sets and reps.

4 Half-kneeling side bending



Sets: 2 Reps: 10 Freq: Daily

Kneel down on one knee with the other foot flat on the ground in front of you. Maintain your length by keeping your spine upright and avoiding to lean forward. Bring both hands behind your head and elbows wide open. Side bend to one side by lowering the bending side elbow towards the floor. Return to the centre. Repeat on the other side.

Notes :



1 Crunch w/ knee extension

Reps: 6 Freq: daily Hold: 10"

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2 Rotatory stability

Sets: 2 Reps: 10 Freq: daily

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3 Advanced side bridge roll

Sets: 2 Reps: 10 Freq: daily Hold: 1

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4 Half-kneeling side bending

Sets: 2 Reps: 10 Freq: Daily

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