

Neutral Curl Up with Straight Leg

REPS: 15

SETS: 4

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your back with one leg bent, your other leg straight, and your hands under your low back.

Movement

Curl your upper body off the floor, hinging at the bottom of your shoulder blades. Lower your shoulders back to the ground and repeat.

Tip

Use your hands to monitor the small natural arch in your low back. Make sure to keep your neck relaxed.

Dead Bug

REPS: 5

SETS: 5

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your back with your legs bent.

Movement

Lift your legs and arms off the ground, keeping your knees bent. Lower one arm to the ground and lower your opposite leg at the same time. Repeat with your opposite arm and leg, then continue this movement.

Tip

Make sure to keep your abdominals stiff as you lower your arm and leg, and do not let your low back arch off the ground.

Bird Dog

REPS: 20	SETS: 1	HOLD: 5	DAILY: 1
WEEKLY: 7			



Setup

Begin on all fours, with your arms positioned directly under your shoulders.

Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

Tip

Make sure to keep your abdominals tight and hips level during the exercise.

Standard Plank

REPS: 4	SETS: 1	HOLD: 20	DAILY: 1
WEEKLY: 7			



Setup

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

Movement

Engage your abdominal muscles and lift your hips and legs 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.

Side Plank on Elbow

REPS: 3	SETS: 1	HOLD: 20	DAILY: 1
WEEKLY: 7			



Setup

Begin lying on your side with your feet stacked, resting on your elbow.

Movement

Lift your hips off the floor so your body is in a straight line and your hips and shoulders are facing forward. Hold this position.

Tip

Make sure to keep your head in line with your trunk, do not let your hips drop toward the floor, and do not roll forward or backward during the exercise.