



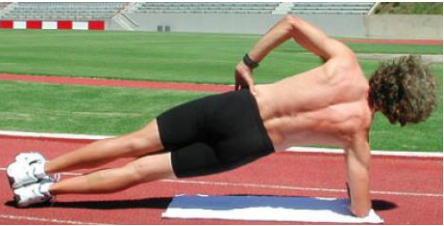


Core Stability

	<p>Glute Bridge w/ Theraband</p> <ul style="list-style-type: none"> - Tie the band around your thighs - With feet shoulder width apart, squeeze your buttocks and push hips up into bridge position while pulling out into the band - Keep weight through the heels and hold for 2 seconds - Perform 10-12 repetitions for 3 sets
	<p>Bird Dog</p> <ul style="list-style-type: none"> - Begin on your hands and knees and draw your bellybutton up towards your spine - While maintaining a tight stomach and a straight back, raise one leg off the ground while straightening the knee - Hold this position for 1-2 seconds and then slowly lower the leg to the ground and then relax your stomach - As this becomes easier to do, you can progress to the movement seen in this picture (raising one leg off the ground and raising the <u>opposite</u> arm off the ground at the same time) - Perform 10-12 repetitions for 3 sets
	<p>Theraband Squat</p> <ul style="list-style-type: none"> - Tie band around your legs (just above or below the knees) - Initiate the squat by sending your hips back then down - Maintain proper squat form- back straight, chest up, knees tracking in line with toes, weight distributed through the entire soles of your feet - Hold for a second at the bottom of the squat and come back up - Perform 10-12 repetitions for 3 sets
	<p>Front Plank</p> <ul style="list-style-type: none"> - Brace yourself on your elbows and toes on a slightly cushioned surface - Your head, shoulders, hips and knees should be in a straight line (squeeze your buttocks and drawn in your stomach to keep your low back in neutral alignment) - Maintain this position for as long as you can (strive for 2 minutes) - Rest for a minute and repeat twice
	<p>Side Plank</p> <ul style="list-style-type: none"> - Brace yourself on one elbow in a side-lying position and pushing the ground away with your shoulder - Hold your head, shoulders, hips and knees in a straight line - Maintain this position for as long as your can (strive for 2 minutes) - Repeat the exercise on the other side, rest and repeat twice