

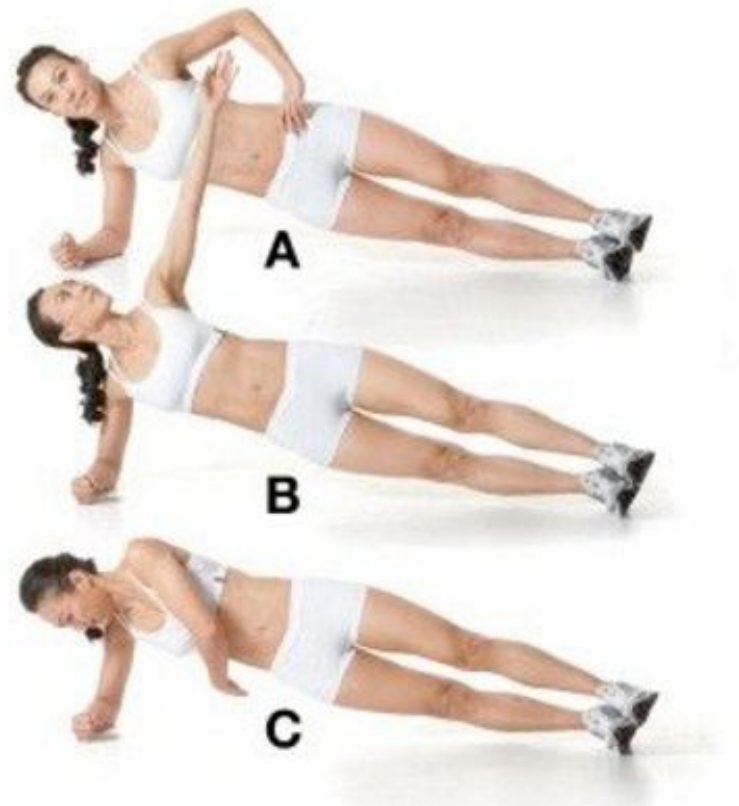
Step-Up Planks:

- Keep core and hips tight so that there is minimal rocking and hips drooping
- Start in a good plank either on hands or elbows
- Alternate standing up on your hands to dropping to your elbows
- I think “Hand-Hand-Elbow-Elbow” or “Up-Up-Down-Down”
- You can alternate what hand begins the movement so you are working each side evenly.
- Be careful as to not rock uncontrollably or twist the hips too far out of alignment



Thread the Needle Plank

- Keep core strong and hold a side plank on your elbow
- Reach your free arm up to the sky and then wrap it around your body and under your opposite arm
- Keep your hips and shoulders in line solid line the whole time
- Hips will tend to bow out behind you and/or droop toward the ground. Keep it together!
- Up, twist, and back up is 1



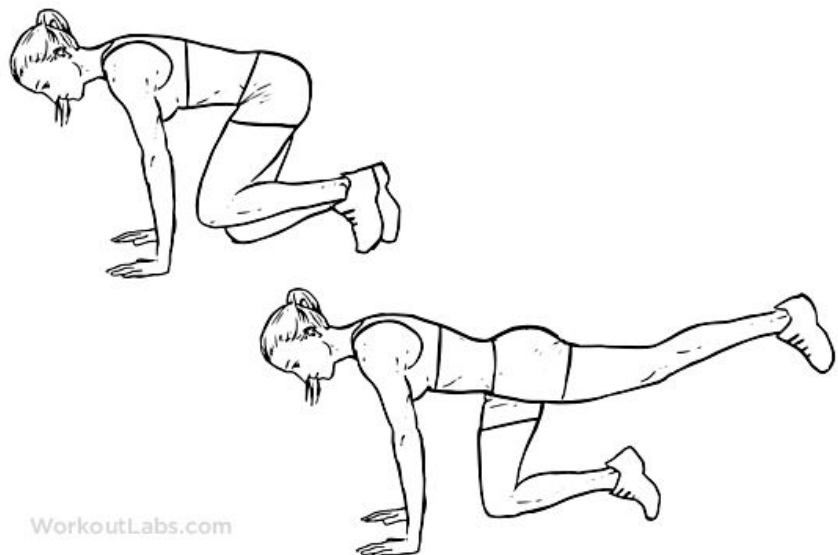
Straight Arm Pushups

- Hold good pushup body positioning
- Keep head in line with spine and body in straight line from shoulders to ankles
- Push shoulder blades apart and round out back, hold for a couple seconds
- Then drop chest down and squeeze shoulder blades together, hold for a couple seconds



Straight Leg Donkey Kicks

- On all fours, hands under shoulders, knees under hips
- Keep back flat and head in line with spine
- Kick leg over straight behind not lifting foot higher than hips
- Squeeze glute while fully extended behind you
- Kick over through hips and not up into the air



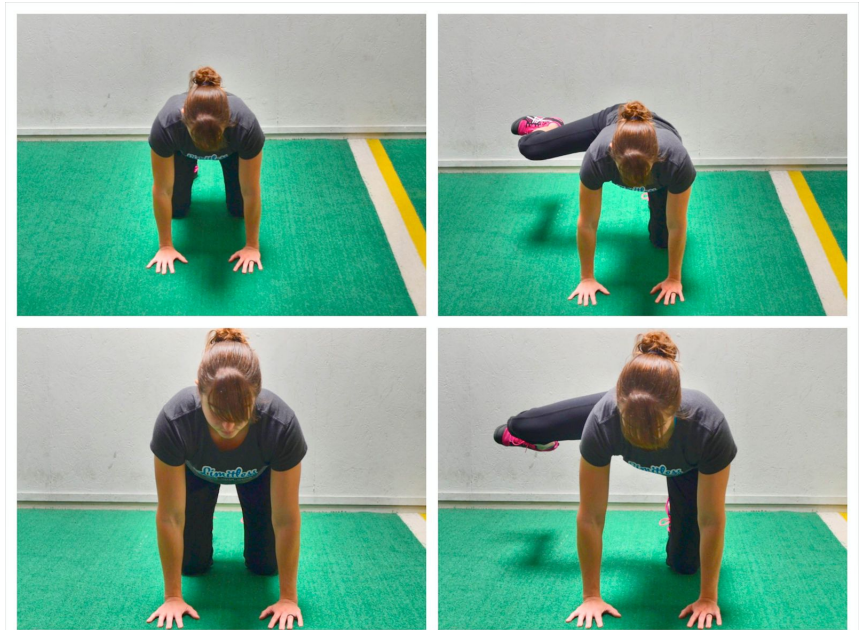
Bird Dog Crunch

- Start on all fours
- Raise left arm straight out in line with the spine as best you can
- Raise right leg out
- Body should create a straight line with neck in line with rest of spine
- Attempt to touch left elbow to right knee by crunching in
- Return to starting position



Fire Hydrants

- On all fours, hands under shoulders and knees under hips
- Keep your back flat and your head in line with your spine
- Lift one leg out to the side, keeping your knee at 90 degrees and your hip at 90 degrees.
- Lift as high as you can without twisting or altering back position
- Keep foot and knee at same level
- Squeeze butt at top of lift



Dead Bugs:

- Lie on your back with arms straight up from shoulders and knees straight up from hips and knees bent at 90 degrees
- Alternating opposite arms and legs; extend left leg straight out keeping foot off the ground and extend right arm up over head
- Move slowly and try to keep the small (lower) back flat on the ground, when you are fully extended keep core engaged to achieve this
- Move arm and leg back to starting position before switching sides



Child's Pose

- Spread your knees a bit wider than the chest while keeping the toe close together
- Let the chest and forehead fall to the ground.
- Sit your hips back and rest.
- Breathe
- (Optional: you can walk your hands out together to the left and right for an added bonus stretch for your sides)



Cat Cow Stretch

- Begin on all fours; hands under shoulders and knees under hips
- Pull your chest and belly down to the floor while pushing your hips and shoulders up to the sky.
- Really arch your back and lift your chin toward the sky
- Then slowly change position thinking about moving one vertebrae at a time
- Pull the shoulders and back up to the sky as then you are now pushing your hands and knees into the ground fully rounding out your back and shoulders

