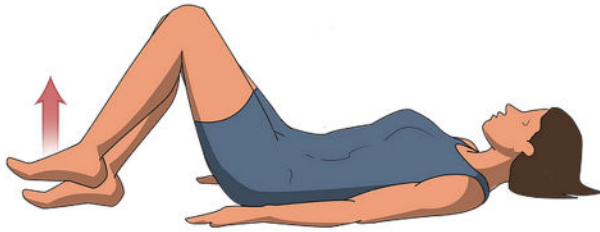


**TRUNK STABILITY**

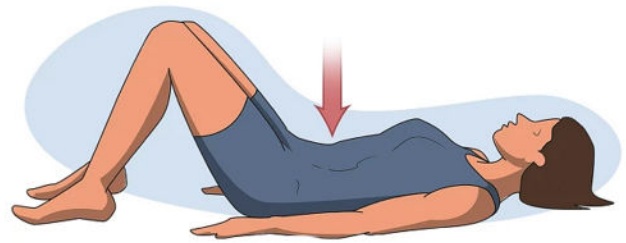
*Hook-Lying Bent Leg Lift*



Tighten stomach muscles to keep trunk rigid, and slowly raise one leg 3-4 inches from floor. Hold 2 seconds, then slowly lower, keeping trunk rigid. Repeat 15 times. You can also put a pillow under your head for comfort.

**BACK**

*Pelvic Tilt*



Flatten back by tightening stomach muscles and buttocks. Hold 10 seconds. Repeat 10 times.

**TRUNK STABILITY**

*Bridge*



Slowly raise buttocks from floor, keeping stomach tight. Hold 2 seconds. Repeat 20 times.

**TRUNK STABILITY**

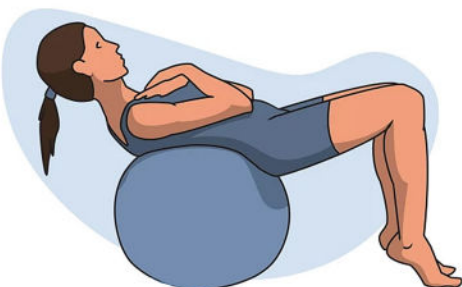
*Quadruped Opposite Upper and Lower Extremity Extension*



Tighten stomach and simultaneously raise leg and opposite arm. Hold 2 second, then slowly return to starting position, keeping trunk rigid. Repeat 10 times on each side.

**BACK**

*Curl-Up/Crunch on Ball*



Sit on exercise ball with your feet flat on the floor and arms crossed over your chest. Slowly lean back 45 degrees, bending at your hips and lifting your heels off the ground. Use your ab muscles to pull yourself back into the sitting position, setting your heels back on the ground and return to flat foot position.

**CRUNCH ON FLOOR:**

Keeping arms folded across chest, tilt pelvis to flatten back. Raise head & shoulders from floor. Hold 2 seconds. Repeat 30 times.