

### plank (prone iso-abs)

- place elbows on the ground with hands parallel, shoulder width apart
- feet hip width apart with toes on the ground
- raise hips off the ground to form a straight line from the shoulders to the ankles
- squeeze core, glutes, and quads
- hold for 15 secs, rest, repeat for a total of 3 sets
- progress to hold for 30 secs, rest, repeat for a total of 3 sets
- progress to hold for 60 secs, rest, repeat for a total of 4 sets



### Progression

- single leg plank hold
- alternating single leg lift (10 reps each leg)



If unable to hold a plank or has low back pain while holding do following regressions:

### Quadruped drawing in

- on hands and knees
- arms directly below shoulders
- knees under hip, hip width apart
- pull navel in and hold for 5 secs, release, repeat for a total of 3 sets



### Quadruped leg raise

- on hands and knees
- arms directly below shoulders
- knees under hip, hip width apart
- extend one leg and raise to hip height and return to start
- alternate legs
- 10 reps on each leg
- repeat for a total of 3 sets



### Birddog

- on hands and knees
- arms directly below shoulders
- knees under hip, hip width apart
- extend one leg and opposite arm and return to start
- alternate sides
- 10 reps on each side
- repeat for a total of 3 set



### Plank on knees

- place elbows on the ground with hands parallel shoulder width apart
- raise hips off the ground from knees to elbows to form a straight line from the shoulders to the knees
- squeeze core, glutes quads
- hold for 15 secs, rest, repeat for a total of 3 sets
- progress to hold for 30 secs, rest, repeat for a total of 3 sets
- progress to hold for 60 secs, rest, repeat for a total of 4 sets



## Flutter kicks

- lay face up on floor
- hands to the side or under buttocks to keep low back on the floor
- raise legs about 6 inches
- alternate moving them up and down
- 15 to 20 reps
- rest
- repeat for a total of 3 sets



## Floor bridge

- lay with back and feet on the floor, shoulder width apart, knees bent
- lift hips off the floor until the knees, hips, and shoulders are in alignment
- hold 3 - 5 seconds
- repeat for 10 reps



If unable to hold hips up, start here:

## Supine marching

- lay on back with knees bent
- draw belly button in
- keep hips still while keeping leg bent, slowly raise until hips are at a 90° angle and return
- alternate legs
- 10 reps
- repeat for a total of 3 sets



## Single leg balance (can use chair to stabilize)

- hands on hips
- raise leg, bending one knee to a 90 degree position
- engage core to maintain balance
- hold for 15 seconds
- alternate legs
- repeat for a total of 3 sets
- progress in time of hold



If unable to balance, start here:

## Knee lifts on chair

- sit in chair with feet planted on ground
- lift knee 3 - 4 inches and hold for 5 seconds
- alternate legs 6 - 8 times
- progress to 10 -12 per side



## Forward Lunge

- stand with feet hip width apart
- step forward
- lower hips until both knees are at a 90 ° angle
- keep front knee directly above ankle
- keep back knee off the ground
- push through heels to push back to standing position
- 10 reps on each leg
- repeat for a total of 3 sets

## Progression

- forward lung, then push back to single leg balance



## Chair Squat

- stand in front of the chair with legs shoulder width apart, toes facing forward
- arms straight out in front
- keeping torso upright, bend knees and lower until glutes touch the chair
- keep knees in line and behind toes
- push through heels to return to standing position
- squeeze glutes when returned to standing position
- 10 reps
- repeat for a total of 3 sets



- if done without a chair, lower until thighs are parallel to ground

