EXERCISE 4.1 Quadruped Single Arm Raise

of your body (figure 1). Avoid letting your chin poke lower back and keep your head aligned with the rest maneuver. Be sure to keep a normal curve in your out toward the floor. the neutral spine position and the co-contraction From the hands and knees position, maintain



Figure 1

of you (figure 2). Be sure to maintain co-contraction maneuver while you do this. the neutral spine position and the From this position, raise your left arm out in front

Return your arm to the floor and repeat with

Repeat. times on each side.

EXERCISE 4.2 Quadruped Single Leg Raise

of your body (figure 1). Avoid letting your chin poke out toward the floor. lower back and keep your head aligned with the rest maneuver. Be sure to keep a normal curve in your the neutral spine position and the co-contraction From the hands and knees position, maintain



you do this. (figure 2). Be sure to maintain the neutral spine From this position, extend your left leg behind you position and the co-contraction maneuver while

Return your leg to the floor and repeat with the right leg.

Repeat times on each side.

Imagine a cup of coffee on your back, don't spill it!

EXERCISE 4.3 Quadruped Cross-Crawl

chin poke out toward the floor. the rest of your body (figure 1). Avoid letting your your lower back and keep your head aligned with maneuver. Be sure to keep a normal curve in the neutral spine position and the co-contraction From the hands and knees position, maintain



in front of you while, at the same time, you maneuver while you do this. spine position and the co-contraction Be sure to maintain the neutral extend your left leg behind you (figure 2). From this position, raise your right arm out

Return your arm and leg to the floor and repeat with the left arm and right leg

Figure 2





EXERCISE 4.4 Plank

From the hands and knees position, the co-contraction maneuver. maintain the neutral spine position and

co-contraction maneuver. your forearms and feet (figure 1). Hold your knees so you move your base of support to the neutral spine position and/or the this position until you feel you are losing Lower yourself onto your forearms and straighten

you can hold the position for 30-60 seconds Gradually build up to the point at which

> and as you draw your belly toward the heels. Push the mat away from you in, lengthen your tailbone



Repeat times.