

Supine Bridge

REPS: 10**SETS: 3****DAILY: 1****WEEKLY: 7**

Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Clamshell with Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin by lying on your side with your knees bent 90 degrees, hips and shoulders stacked, and a resistance loop secured around your legs.

Movement

Raise your top knee away from the bottom one, then slowly return to the starting position.

Tip

Make sure not to roll your hips forward or backward during the exercise.

Supine Lower Trunk Rotation

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your back with your knees bent and feet resting on the floor.

Movement

Keeping your back flat, slowly rotate your knees down towards the floor until you feel a stretch in your trunk and hold.

Tip

Make sure that your back and shoulders stay in contact with the floor.

Supine March

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your back with your arms resting at your sides, your knees bent and your feet flat on the ground.

Movement

Tighten your abdominals and slowly raise one of your legs off the floor, keeping your knee bent. Then return to the starting position and repeat with your other leg.

Tip

Make sure to keep your trunk stiff during the exercise and do not let your low back arch.

Supine Piriformis Stretch with Foot on Ground

SETS: 3

HOLD: 30

DAILY: 1

WEEKLY: 7



Setup

Begin by lying on your back with both knees bent and feet resting flat on the ground. Cross one leg over the other so your foot is resting on your knee.

Movement

Grab your leg just below the knee and slowly draw it towards your opposite shoulder until you feel a stretch in your buttocks.

Tip

Do not allow your back to twist or bend excessively during the stretch.

Bilateral Bent Leg Lift

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your back with your knees bent and feet resting on the floor.

Movement

Engage your stomach muscles, then lift your feet off the ground, bringing your knees toward your chest. Return to the starting position, and repeat.

Tip

Make sure to keep your stomach muscles engaged and do not arch your low back during the exercise.

Supine Hamstring Stretch with Strap

SETS: 3

HOLD: 30

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin lying on your back with your legs straight, holding the end of a strap that is looped around one foot.

Movement

Use the strap to pull your leg up toward your body until you feel a gentle stretch in the back of your upper leg. Hold this position.

Tip

Make sure to keep your other leg straight on the ground during the stretch.

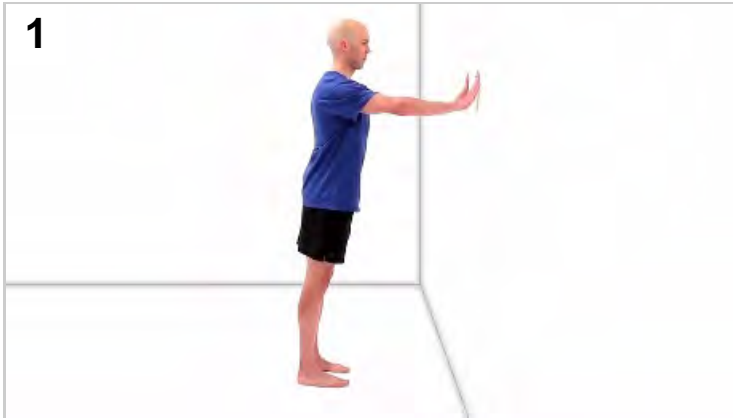
Gastroc Stretch on Wall

SETS: 3

HOLD: 30

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.