

**YOUR DVD CODE: 998 - 106 - 508 - 894**

**1: 998 - Abdominal Draw In**



- Lie on back with head supported and knees bent Draw belly button towards spine and tighten abdominal muscles

Sets: 2 Reps: 10 Sessions: 2 Everyday Hold Time: 5s

**2: 106 - Bridging with Leg Extension**



- Lie on back with head supported and knees bent Draw belly button toward spine Lift buttocks up Extend one knee keeping pelvis level

Sets: 2 Reps: 10 Sessions: 2 Everyday Hold Time: 5s Side: Both

**3: 508 - Quadruped Upper Extremity Extension**



- Assume hands and knees position Draw belly button toward spine Raise one arm parallel to floor Do not arch back

Sets: 2 Reps: 10 Sessions: 2 Everyday Hold Time: 5s Side: Both

**4: 894 - Quadruped Lower Extremity Extension**



- Assume hands and knees position Draw belly button toward spine Slowly extend one leg out Do not arch back

Sets: 2 Reps: 10 Sessions: 2 Everyday Hold Time: 5s Side: Both