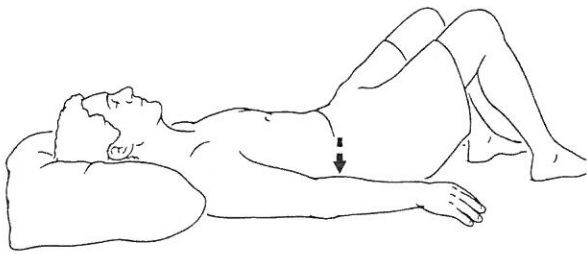


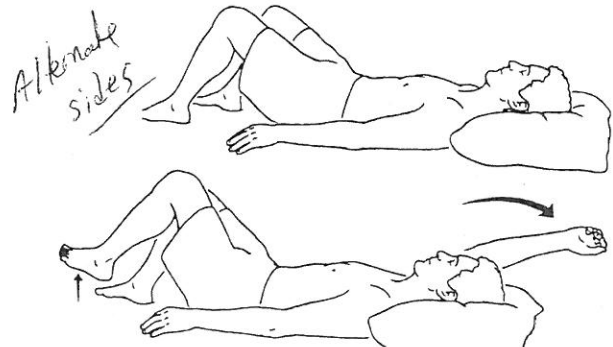
TRUNK STABILITY - 4 Isometric Abdominal



Lying on back with knees bent, tighten stomach by pressing elbows down. Hold 5 seconds.

Repeat 15 times per set. Do 1 sets per session.
Do 3 sessions per day.

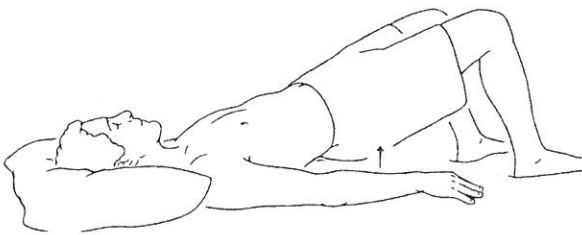
TRUNK STABILITY - 7 Combination (Hook-Lying)



Tighten stomach and slowly raise left leg and lower opposite arm over head. Keep trunk rigid.

Repeat 15 times per set. Do 1 sets per session.
Do 3 sessions per day.

TRUNK STABILITY - 9 Bridging



Slowly raise buttocks from floor, keeping stomach tight.

Repeat 15 times per set. Do 1 sets per session.
Do 3 sessions per day.

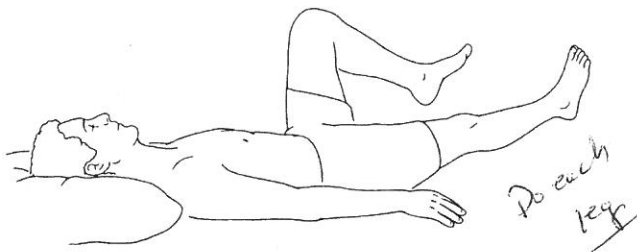
TRUNK STABILITY - 11 Bilateral Isometric Hip Flexion



Tighten stomach and raise both knees to outstretched arms. Push gently, keeping arms straight, trunk rigid. Hold 5 seconds.

Repeat 15 times per set. Do 1 sets per session.
Do 3 sessions per day.

TRUNK STABILITY - 15 Advanced Straight Leg Raise



With knees bent and feet 6 inches from floor, slowly straighten right leg, keeping stomach tight.

Repeat 15 times per set. Do 1 sets per session.
Do 3 sessions per day.

TRUNK STABILITY - 34 Forward Lunge

Alternate legs

Standing with feet shoulder width apart and stomach tight, step forward with left leg.

Repeat 15 times per set.
Do 1 sets per session.
Do 3 sessions per day.

