**CORE: ABDOMINALS**

**Crunch**

Place hands behind head and bend knees. While keeping head and neck in line with spine, elevate shoulders and upper back toward ceiling, then slowly return to starting position.

Complete 8-15 repetitions.
Do 1-3 sets.

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**LEGS: OUTER THIGH**

**Abduction**

Lie on back with pillow between legs. Slide right leg out to the side keeping kneecaps pointing up. Gently bring leg back to pillow.

Complete 8-15 repetitions.
Switch sides.
Do 1-3 sets.

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**LEGS: INNER THIGH**

**Adduction**

Lie on back with pillow between legs. Gently squeeze pillow between legs and hold squeeze for 5 seconds. Slowly release squeeze or contraction.

Complete 8-15 repetitions.
Do 1 set.
**HIP/LEGS/CORE: HIP FLEXORS, QUADRICEPS, ABDOMINALS**

**Single Leg Circle**

Lie on back with one leg bent and other leg straight up. Inhale and circle leg across body, and exhale while circling down and around to starting position. Avoid rocking on hips by maintaining a still pelvis. Keep circle small.

Complete 8-15 repetitions. Switch sides. Do 1-3 sets.

**LOW BACK: GLUTEALS, LUMBAR EXTENSORS**

**Prone Single Leg Raise**

Lie on stomach with forehead resting on hands. Exhale and raise one leg toward ceiling keeping leg straight and front of hip on the mat. Inhale and lower leg to starting position.

Alternate legs. Complete 8-15 repetitions. Do 1-3 sets.

**NECK / UPPER BACK: EXTENSORS AND RHOMBOIDS**

**Head Lift**

Lie on stomach with forehead resting on hands, palms down. Tuck chin slightly toward chest. Exhale and lift forehead slightly off hands. Inhale and return to starting position. Be sure to keep neck in line with the spine.

Complete 8-15 repetitions. Do 1-3 sets.