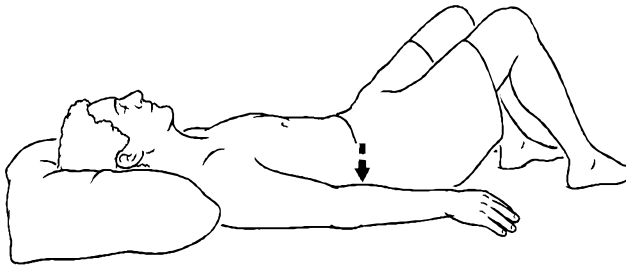


Breathing in Neutral Spine

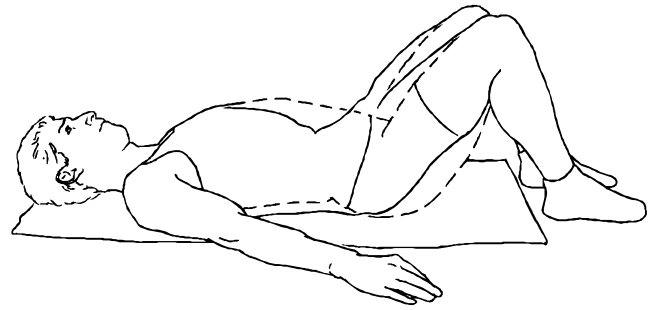


Lie on back with knees bent. As you exhale, pull abdominals in towards spine without tilting your pelvis. Hold 2-5 seconds. Keep your tail bone down, your buttocks relaxed.

Be sure not to tense your shoulders and neck.

Repeat 10 times per set.

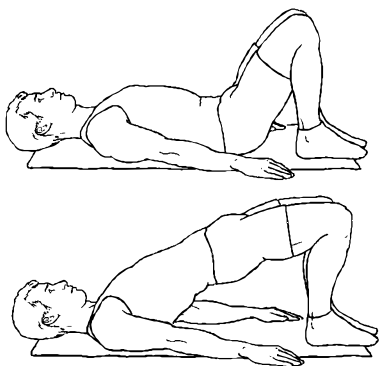
BEGINNER - 3 Coccyx Curl



Lie on back, legs bent. Exhale, pull stomach in, tighten abs, tighten pelvic floor, then squeeze bottom and roll up through your spine. Inhale, rolling back down through the spine. Allow your head to rock gently while doing this exercise.

Repeat 6 times.

BEGINNER - 28 Bridge

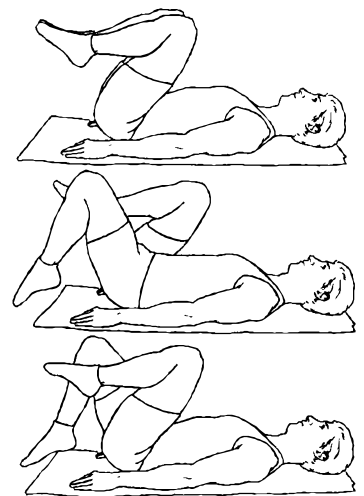


Lie on back, legs bent. Exhale, pull low belly in and roll up through spine as in the coccyx curl. Keep ribs in. Inhale, rolling down along spine from top.

Repeat 8 times.

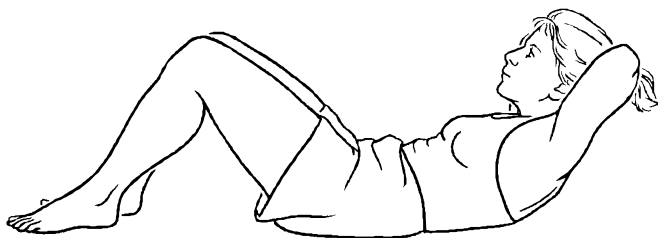
BEGINNER - 6 Tiny Steps

Lie on back, legs in tabletop position, arms by sides. Exhale, lowering leg to just touch toes to mat. Inhale, returning knee to chest. Keep abdominals tight by pulling low belly towards spine.



Repeat 8 times, alternating legs.

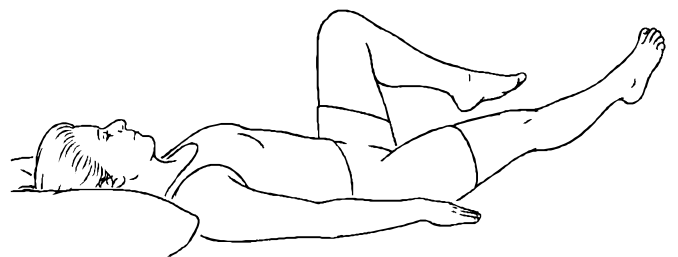
Pilates custom: Curl-Up: Phase 3



Clasp hands behind your neck for support. Exhale and roll up to the upper ab position, inhale and roll back down. Keep lower abdominals relaxed and pelvis neutral.

Repeat 8 times.

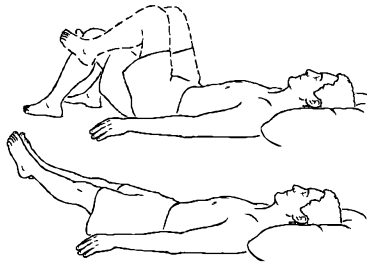
SINGLE LEG STRETCH- Modified



With legs in table top position, extend one leg out at a time. Make sure that belly is pulling in towards spine, and that your torso remains still throughout the exercise. Be sure to keep your back completely FLAT while doing this exercise. It should NOT come off the mat/floor as your leg extends.

Repeat 6 times (or as tolerated).

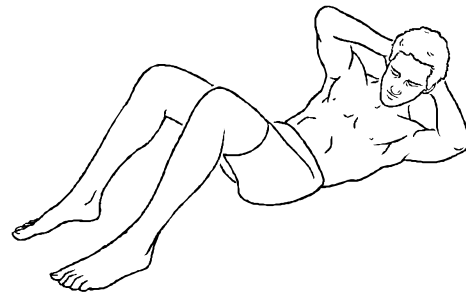
Double leg stretch- Modified



Start by bringing legs to table top position. Keep stomach tight and back FLAT throughout this exercise. Exhale as you extend legs at an angle up and away from you where you can maintain the FLAT back position. Higher legs will make the exercise less difficult, the lower the legs, the harder the exercise. Inhale to return to the table top position.

Repeat about 6 times.

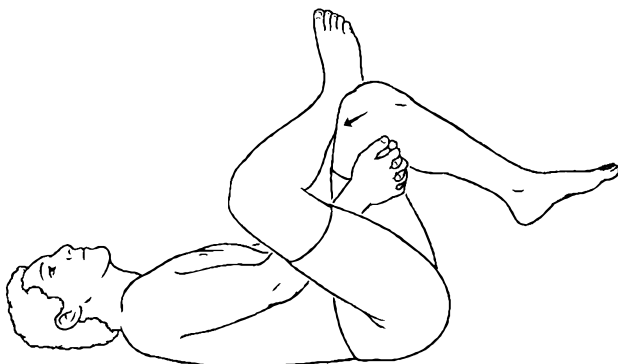
Criss Cross- Modified



Hands clasp behind head to support neck,. Bring head up into upper abdominal curl. Rotate to the right and then to the left. Repeat about 6 times, then turn to the center and roll back down.

You can also do this on a foam roller to increase the difficulty.

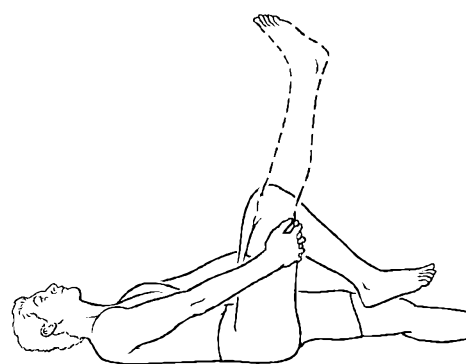
HIP / KNEE - 48 Piriformis (Supine)



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Repeat on the other side.

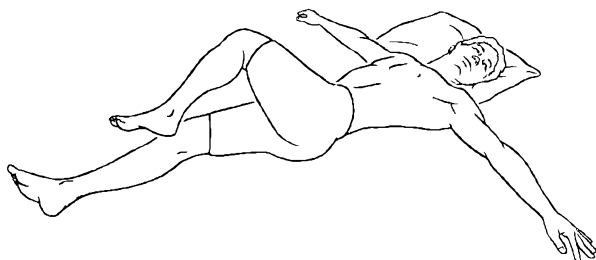
Hold 30 seconds.

BACK - 34 Hamstring Stretch: Active



Support behind right knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh. Keep BOTH hips down the whole time. Hold 60 seconds. Repeat on the other side.

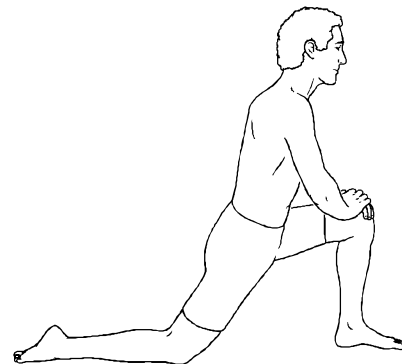
BACK - 54 Lumbar Rotation Stretch



Lie on back with left knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back/hip area. Hold 30-60 seconds. Repeat on the other side.

Make sure to pull low belly in in order to feel more stretch through your spine. You can increase the stretch by pulling your hip down with your right hand and putting your left hand across your knee.

HIP / KNEE - 34 Stretching: Hip Flexor



Kneeling on one knee, slowly push pelvis forward, keeping stomach tight so there is no arch in the back. The stretch should be felt on front of the opposite hip.

Hold 30 seconds- 1 minute.