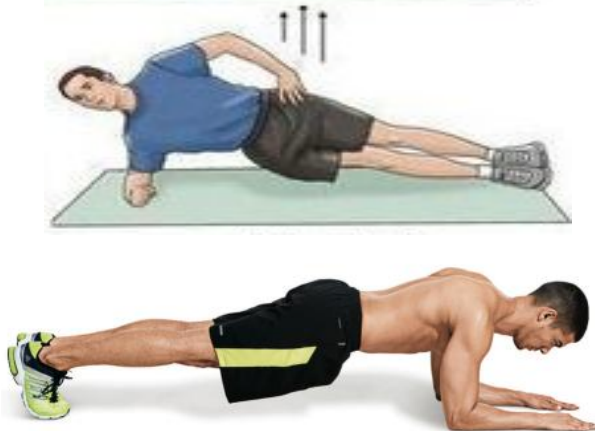


CORRECTIVE EXERCISES

PICTURE DEMONSTRATION GUIDE (CORE)

3.0 PLANKS AND SIDE PLANKS



WITH A STRAIGHT LINE FROM FEET TO SHOULDERS, REST THE ELBOWS AND HANDS FLAT ON THE FLOOR. HOLD FOR AS LONG AS POSSIBLE WITHOUT SAGGING IN THE MIDDLE. AIM FOR A MINIMUM OF 30 SECONDS. REPEAT 3 TIMES (4 TOTAL SETS).

3.1 PARTIAL SIT-UP AND HOLD



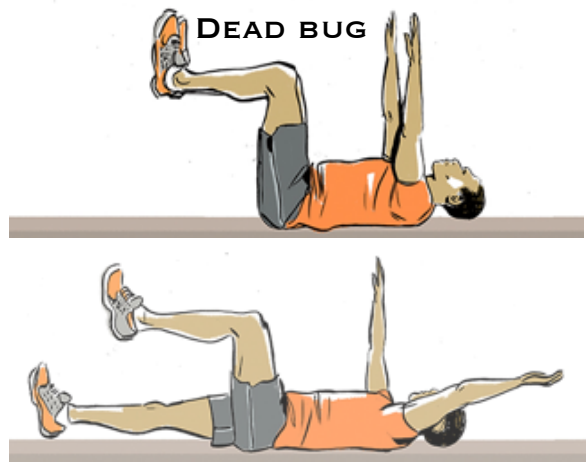
LIE ON YOUR BACK WITH BENT KNEES. WITH ARMS STRAIGHT UP, LIFT YOUR TORSO OFF THE FLOOR UNTIL ONLY THE LOW BACK IS STILL TOUCHING. HOLD FOR 5 SECONDS, THEN RELAX. DO NOT BRING YOUR CHEST TOWARD YOUR HIP, AS THIS IS NOT A CRUNCH OR SIT-UP.

3.2 PELVIC TILTS



LIE ON YOUR BACK WITH KNEES BENT AND FEET FLAT. THE LOW BACK WILL HAVE A NATURAL ARCH, CREATING SPACE BETWEEN IT AND THE FLOOR. GENTLY ROCK THE PELVIS BACKWARD TO FLATTEN THIS CURVE, MAKING CONTACT WITH THE FLOOR. HOLD FOR 5 SECONDS, THEN RELAX AND REPEAT.

3.3 DEAD BUG



START WITH KNEES AND HIPS BENT TO 90° AND ARMS STRAIGHT UP. AT THE SAME TIME, EXTEND OUT ONE LEG AND THE OPPOSITE ARM, KEEPING THE BELLY TIGHT. THE FOOT SHOULD NOT TOUCH THE GROUND. BRING THEM BACK AND REPEAT WITH THE OTHER LEG/ARM. THAT IS 1 REPETITION. REPEAT AS DIRECTED.