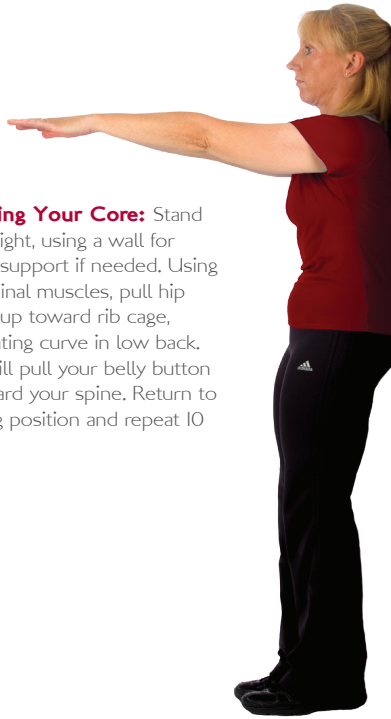


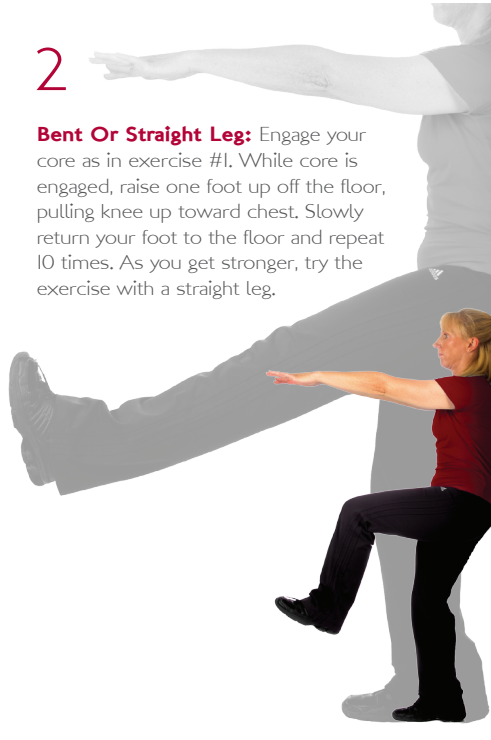
1

Engaging Your Core: Stand up straight, using a wall for added support if needed. Using abdominal muscles, pull hip bones up toward rib cage, eliminating curve in low back. This will pull your belly button in toward your spine. Return to starting position and repeat 10 times.



2

Bent Or Straight Leg: Engage your core as in exercise #1. While core is engaged, raise one foot up off the floor, pulling knee up toward chest. Slowly return your foot to the floor and repeat 10 times. As you get stronger, try the exercise with a straight leg.



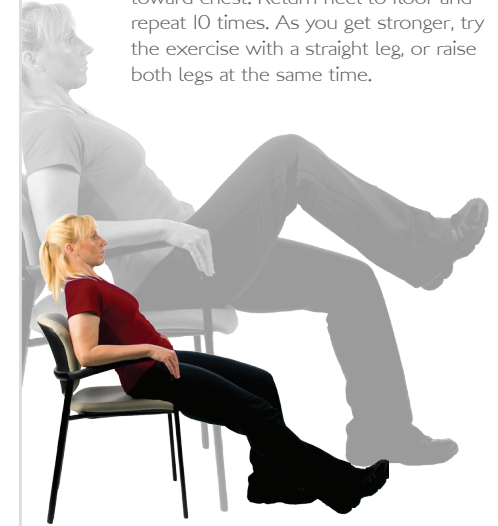
3

Standing Superman: Stand up straight with both arms raised above head. Extend both arms and one leg behind you and arch your low back. Return to starting position and repeat.



4

Seated Leg Raise: Sit near edge of chair. With a straight back and engaged core, recline so your back lightly touches the chair, as shown. Maintain engaged core and pull knee slowly toward chest. Return heel to floor and repeat 10 times. As you get stronger, try the exercise with a straight leg, or raise both legs at the same time.



5

Plank Hold-Table: Place forearms on a sturdy table, shoulder-width apart. Step back, creating a straight line from heels to head. With core engaged, hold position for 15 to 60 seconds. If you feel sagging in your upper or lower back, reset position and try again.



6

Plank Hold-Floor: Place forearms on the floor, shoulder width apart. Make sure elbows are directly under shoulders so upper arms are not touching chest. Place knees behind you, creating a straight line from knees to head. With core engaged, hold position for 15 to 60 seconds. If you feel sagging in your upper or lower back, reset position and try again. As you get stronger, raise up to your feet and hold.



Exercise Guidelines:

1. Perform 10-15 repetitions of each exercise.
2. Use slow and controlled movements.
3. Exhale during exertion, inhale during release.
4. Maintain good posture and technique.
5. Perform exercises in an area with adequate space.
6. Discontinue exercise if you experience pain.
7. Use a support for balance as needed.

Stretching Guidelines:

1. Hold each stretch for 20-30 seconds.
2. Hold stretch in a pain free range of motion.
3. Do not bounce, use controlled movements.
4. Do not hold your breath, breathe slowly.

PRECAUTIONS: This information is not intended as a substitute for the advice of a personal healthcare provider. If you have medical conditions requiring attention or which may be aggravated by physical activity, consult your healthcare provider regarding the type of activity that is safe and appropriate for you.

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