

EXERCISE 1. STABILIZE YOUR CORE

- 1** Lie on your back with one knee bent and the other knee straight.
- 2** Place both your hands under the lower back to keep your spine in an arched and neutral position.
- 3** Raise your shoulder blades slowly off the ground for a few inches.
- 4** Hold the position for 7 seconds, and repeat the exercise up to 3 or 4 times.



EXERCISE 1. STABILIZE YOUR CORE

- 1** Start in a push-up position (on all fours)



- 2** Kick one leg backward while simultaneously **RAISING** the opposite side of your arm, until both your arm and leg are fully straight.



- 3** If you are unable to keep your balance, try keeping your **LEG ON THE GROUND** instead.

- 4** Hold the position for 7 seconds, and repeat the exercise up to 3 or 4 times.



EXERCISE 1. STABILIZE YOUR CORE

- 1** Lie on your side with your legs fully straight and upper body propped up by your elbow.



- 2** Raise your hips so that only your knee and arm support your bodyweight.



- 3** Need more resistance? Fully extend your legs so that you are propped up by your feet, instead of your knees.



- 4** Hold the position for 7 seconds, and repeat the exercise up to 3 or 4 times.