

EXERCISE 1. STABILIZE YOUR CORE

- 1 Lie on your back with one knee bent and the other knee straight.
- Place both your hands under the lower back to keep your spine in an arched and neutral position.



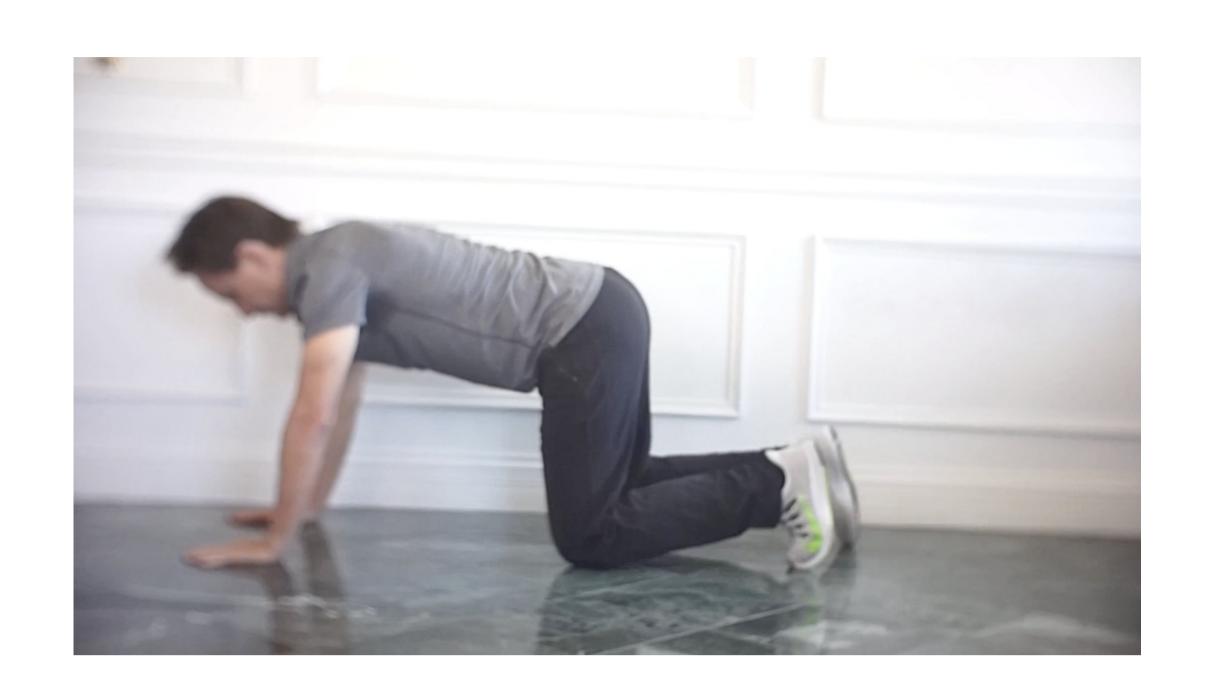
- Raise your shoulder blades slowly off the ground for a few inches.
- 4 Hold the position for 7 seconds, and repeat the exercise up to 3 or 4 times.





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.



- Jef 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.

