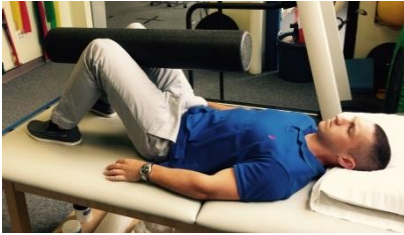
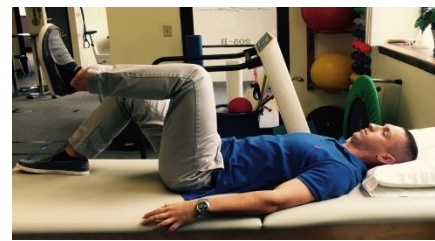


Bracing



Lie on your back with your knees bent and feet flat on the table. Begin by drawing your naval down towards the table and keeping your abs tight. Squeeze a foam roller (or firm pillow) between your knees and place your hands on the roller. Without allowing the foam roller to move, push it away and hold for 10 seconds. (Picture 2) Alternate this with pulling the roller towards your face, holding for 10 seconds each time. (Picture 3) Perform 5 repetitions each direction with the 10 second holds each time. **MAKE SURE YOU CAN BREATHE!** If you hold your breath you are working the wrong muscles.

Marching



Lie on your back with your knees bent and feet flat on the table. Begin by drawing your naval down towards the table and keeping your abs tight. (Picture 1) Lift your right leg towards your chest keeping your hip and knee at a 90 degree angle. (Picture 2) In a slow and controlled motion, return your right foot to the table. Perform in this same manner with the opposite leg. (Picture 3) Your hips should not shift, nor should your back arch! Alternate legs and perform 20 repetitions with each leg.

90/90 Marching



Lie on your back with your knees bent and feet flat on the table. Begin by drawing your naval down towards the table and keeping your abs tight.

Do not let your hips shift throughout the exercise!!

Lift your right leg towards your chest keeping your hip and knee at a 90 degree angle.

Lift your left leg, bringing it even with the opposite leg, in the 90/90 position.

Lower your right leg to the table in a slow and controlled manner. Then lower your left leg to the table, coming back to the starting position.