



### Active Knee to Chest

Lying on back, hips and knees bent, with hands behind knees pulling them into the chest. Gently push knees against hands, hold for 3 relaxed breaths, then hug knees tight to chest again. Hold for 10 relaxed breaths, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

**Notes:**



### Hip Flexors / Low Lunge

Down on one knee in lunge position, knees shoulder width apart. Tall posture with pelvic tilt, front knee not flexed past 90. Gently shift pelvis anteriorly, feeling stretch in anterior hip and thigh. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

**Notes:**



### Hip Flexors / High Lunge

Standing tall, step forward into lunge position, feet shoulder width apart. Let back heel come up off floor. Keeping upright posture and abdominal hollow, try to straighten back knee. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

**Notes:**



### Active Hip Flexor Stretch

Standing tall, hand lightly on back of chair for stability. Raise one heel toward buttocks, holding ankle with opposite hand. Perform pelvic tilt, and squeeze buttocks to extend hip back slightly, and use hand to help take stretch further. Maintain an abdominal hollow and avoid leaning forward. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain. USE OPPOSITE HAND??

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



### Lower Abs - Supine

Lying on back arms out 45, with legs resting on gym ball. Squeeze ball with legs, then bring knees to chest. Maintain an abdominal hollow and hold for 3 relaxed breaths. Slowly return to start position, repeat. Stop the exercise if it causes pain.

Sets:	3-4
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:



### Quadruped Ab. Crunch

On hands and knees with forearms resting on ball. Suck stomach in and curl spine, pushing forearms into ball, as ball rolls slightly toward you. Hold "crunch" position for 3 relaxed breaths, slowly return to start position, repeat. Stop if the exercise causes pain.

Sets:	3-4
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:



### Crunches - Feet on Ball

Lying on back with knees bent, lower legs resting on ball. With chin in neutral, and hands gently behind ears, pull abdominals inward and raise upper body off floor (until shoulder blades clear floor). Maintain an abdominal hollow. Hold for 3 relaxed breaths, slowly return to start position, repeat. Stop if the exercise causes pain.

Sets:	3-4
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

**Notes:**



### Sit - Rocker Board

Sitting tall on rocker board with feet flat on floor. Perform slow, controlled pelvic tilts, with minimal movement through upper body. Stop if the exercise causes pain.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

**Notes:**