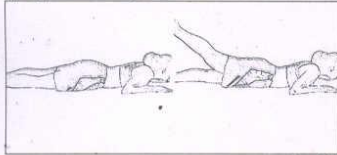


Lying Reverse Leg Raise



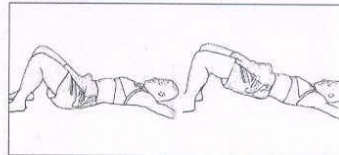
Intermediate

Key Points:
Use slow, controlled motions, up and down.
Do not let your foot hit the floor.

Instructions:

1. Lie on the floor, face down, elbows bent, palms down on the floor next to your head.
2. Keep your head slightly up and look down.
3. Keeping your right leg straight, raise it off the floor as far as possible.
4. Hold briefly, then return to the starting position.
5. Repeat with the other leg.

Pelvic Lifts



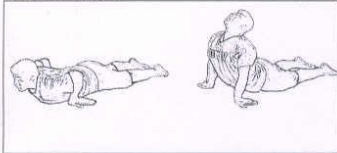
Intermediate

Key Points:
Do not arch your back. Raise only until your back is straight.
Return to the starting position in a slow, controlled manner.

Instructions:

1. Lie on the floor on your back, knees bent and feet slightly apart.
2. Extend your arms over your head, palms upward.
3. Slowly lift your pelvis up toward the ceiling. Raise yourself until your back is straight and squeeze your buttocks together.
4. Slowly lower yourself to the starting position.

Push-Up Stretch



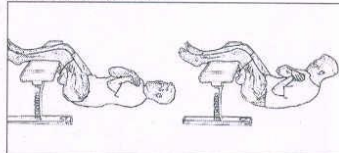
Beginner

Key Points:
Do not bounce or jerk into the stretch; make slow steady movements.
A mild pulling sensation is normal. Stop if there is any pain.
Avoid locking joints when stretching.

Instructions:

1. Lie on your stomach with your palms flat on the floor at your sides between your shoulders and hips, fingers pointed towards your toes.
2. Keep your elbows bent at a right angle and look forward.
3. Keep your legs straight and toes pointed away from your body.
4. Keeping your legs together, slowly push your upper body up and back.
5. When you feel the stretch hold for 30 seconds.

Raised Leg Crunches 2



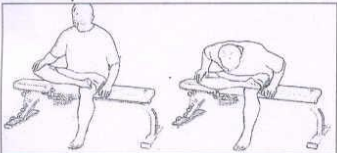
Intermediate

Key Points:
Do not jerk yourself up - slowly bring yourself up using only your abdominals.
Do not let your lower back raise off the floor. As you feel your abdominals become tight hold for a brief second.
Do not move too quickly. Lower yourself down in a slow, controlled manner.

Instructions:

1. Lie on your back on the floor with your knees bent and your legs up on a chair or bench.
2. Keep your thighs parallel to the floor.
3. Your hands should be crossed over your chest.
4. Curl your upper torso up toward your knees until your shoulder blades are off the ground, but do not lift your lower back.
5. As you come to the highest point, hold momentarily.
6. Slowly lower yourself to the starting position.

Seated Hip Rotation Stretch



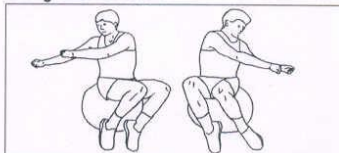
Beginner

Key Points:
Do not bounce or jerk into the stretch; make slow steady movements.
A mild pulling sensation is normal. Stop if there is any pain.
Avoid locking joints when stretching.

Instructions:

1. Sit on a chair or bench feet flat on the floor.
2. Cross your right leg over your left with your right ankle resting on your left knee.
3. Keep back straight and slowly lean forward as you apply downward pressure on your right knee.
4. When a comfortable stretch is felt, hold for 15 seconds.
5. Repeat with other leg.

Sitting Skier - exerball



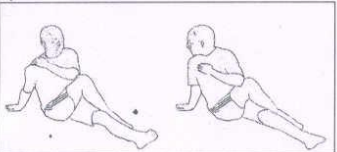
Beginner

Key Points:
Move in a slow, controlled manner.
Don't bounce on the ball.
Use the correct ball size.
Give yourself plenty of room.

Instructions:

1. Sit on the ball with your legs together, knees bent, feet flat on the floor, and hands to the side. Bring feet up on toes, arms extended out (starting position).
2. Swing arms to the right, and knees to the left while rolling the ball sideways slightly.
3. Swing arms and leg to the opposite sides while rolling the ball slightly.

Spinal Twist Stretch



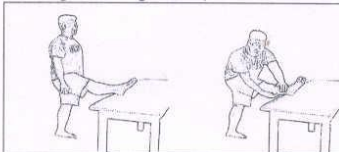
Beginner

Key Points:
Do not bounce or jerk into the stretch; make slow steady movements.
A mild pulling sensation is normal. Stop if there is any pain.
Avoid locking joints when stretching.
Keep your body straight.

Instructions:

1. Sit upright on the floor with your legs extended in front of you.
2. Place your right leg over your left leg, with your right foot on the floor outside the left knee.
3. Place your left elbow on the outside of your right knee, and extend your right arm behind you with your palm on the floor for support.
4. Slowly twist your upper body to the right while looking over your right shoulder using light pressure from your left elbow.
5. When you feel a stretch in your hips and lower back, hold for 30 seconds.
6. Repeat with the other side.

Standing Hamstring Stretch



Beginner

Key Points:
Do not bounce or jerk into the stretch; make slow steady movements.
A mild pulling sensation is normal. Stop if there is any pain.
Avoid locking joints when stretching.

Instructions:

1. Stand with feet hip-width apart in front of a table that is about waist height.
2. Place your right heel on the table so that your leg is extended straight in front of you.
3. Slowly turn your left hip towards your right foot and lower your upper body toward your right knee to the furthest comfortable position.
4. Hold this position for 30 seconds.
5. Repeat with other leg.