

<https://www.physiotec.org>

Notes: each exercise can have an easy starting point but can be progressed to be challenging exercises

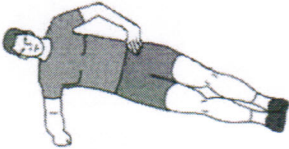
1. Front Plank

- Abs and back are contracted to keep hips, back and shoulders in neutral position.



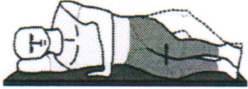
2. Side Plank

- From your side, raise your hips from the ground while resting on your elbow and feet. Keep your shoulders, hips and feet in alignment. Engaging the core muscles on the side closest to the ground to hold you up.



3. Lateral Leg Elevation / Abduction

- Keep back straight and abs tight About 45° angle at hip and 90° angle at knees Keep feet together



4. Glute bridge

- Start in crook lying.
- Lift on leg off the floor and go up into a shoulder bridge peeling one vertebrae at a time.
- keeping the leg out straight and thigh in line with other the thigh, lower yourself on the ground and lift yourself back up, peeling one vertebrae at a time.



5. Chair On Wall

- Keep your back flat on a wall, knees at 90 ° and thigh parallel to the floor Keep position

