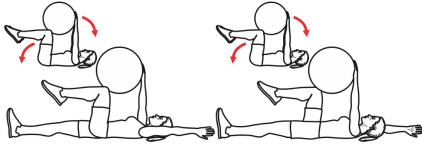


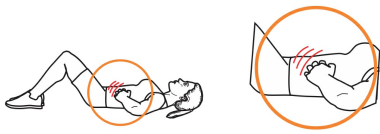
Core

1 : Dead Bug with Stability ball



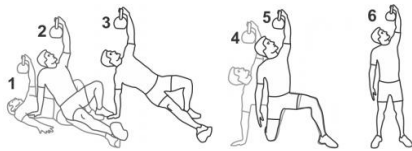
- Lie on your back. Bend your knees and hips to 90° (do not allow feet to drop). Squeeze the ball between your hands and knees. Brace your abdominals while you lower the leg and lower the opposite arm over the head. Hold the ball between the arm and leg that are up. Just before you touch the ground return the leg and arm to the starting position and repeat with the other leg and opposite arm. DO NOT FLATTEN YOUR BACK INTO THE FLOOR. MAINTAIN THE NATURAL ARCH OF THE LOWER BACK THROUGHOUT THE MOVEMENT BY KEEPING THE DISTANCE BETWEEN THE TOP OF THE PELVIS AND THE BOTTOM RIBS THE SAME THROUGH THE MOVEMENT.

2 : Abdominal Bracing



- On your back with knees bent about 90 degrees. Push your fingers into your obliques at about 45 degrees. Contract the muscles under your fingers pushing them out slightly (there should be minimal movement in the abdominal wall). Try to breathe normally. Start with 3 second holds and then increase as you improve. This should be done throughout the day whenever you think about it. This exercise can be done sitting, lying down or standing.

3 : Kettlebell Turkish Get Up



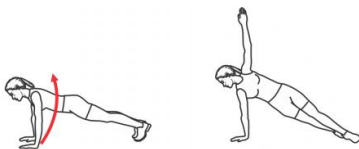
- Keep your abs tight and the arm perpendicular to the ground - Always keep the shoulder under the kettlebell during the lift

4 : Stir The Pot



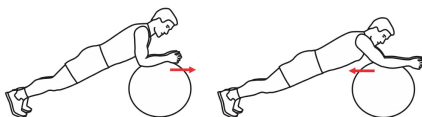
- Keep your back straight, abs tight and head up - Your feet spread apart, elbows on the stability ball and hands together, make circles on the ball with your elbows, rotate slightly your shoulders and trunk

5 : Front Plank Trunk Rotation



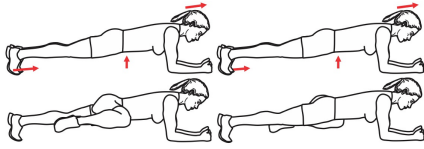
- In front plank position, raise one arm by turning the body. Arm aligned with the support arm. Keep your abs tight and body straight.

6 : Swiss Ball Lengthen On Elbow



- While doing the plank on the elbows on a Swiss ball, extend the arms forward while maintaining the plank position. Keep your back straight and the abs tight.

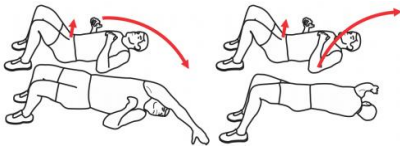
7 : Spider Plank On Elbows



- In an elbow plank position, alternately pull one leg to the side. Pull the knee at about the height of the hip. Keep your head and back straight, and the abs tight.

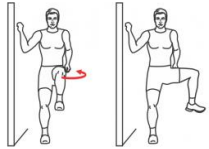
Hip & Low Back

1 : Hip Up Turn And Touch



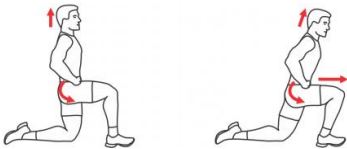
- Lay on your back with your feet on the ground, lift the hip and touch the ground on the opposite side, the arm at about 45 degrees with the shoulder, while rotating the trunk. Alternate. Extend the arm to touch the ground as far as possible.

2 : Warm-up / Sideways Hip Movement



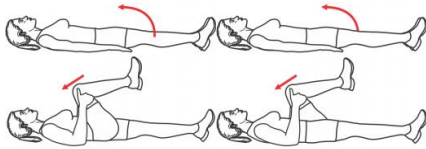
- Raise the knee in front of you, move the leg sideways and bring it back in front. Alternated movement.

3 : Psoas Stretch



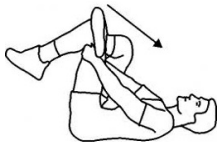
- Keep your back straight and abs tight - Bring the hips under the body - Bent forward keeping the body straight

4 : Lying Gluteal Stretch



- Lying on your back, keep your body straight , pull one leg toward you by placing hands under the knee. Keep your back flat on the floor and keep the opposite leg straight.

5 : Flexibility / ButtocksStretching



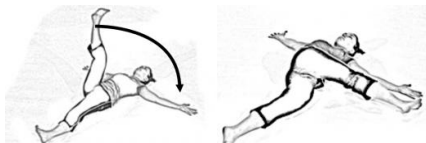
- Lying on the back, place the upper part of your ankle on the opposite thigh, pull the back of the leg keeping the knee of the leg crossed away.

6 : Flexibility / Thigh Stretching



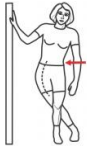
- The arm placed on the outside of the thigh, push the leg inwards as you turn your shoulders.

7 : Back Flexibility / Trunk Rotation



- Keeping knees straight and shoulders down against floor, bring your right foot up and across body to touch left hand, The right hip can lift off the floor - Alternate

8 : Flexibility / Thigh Stretching



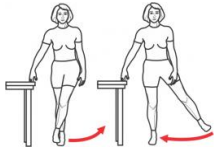
- In support on a wall, place the foot of the wall side on the other side of the opposite foot, move the hip towards the wall.

9 : Flexibility / Thigh Stretching



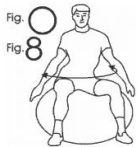
- Make half flexion of your leg on one side and the other, put your hands on your bending knee - Keep the opposite leg straight

10 : Flexibility / Hip Range Of Motion



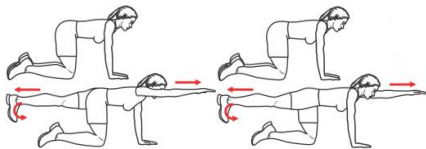
- Swing a leg in front of you and on the side. Keep your back straight and abs tight.

11 : Hip Movement 8 Or Cercles On Swiss Ball



- Sit on a Swiss ball, do 8 or circles with your hips. Keep your head above your hips, contract the abdominals.

12 : Arms With Opposite Leg Raise



- On all fours arm elevation with opposite leg - Keep your back straight and head up - Pull the foot toward you by pushing the heel of the leg parallel to the ground - Extend your arm, keeping the arm and leg aligned with the body - Alternated