

Prone plank progression 1

Position yourself on your forearms and your knees then lift yourself up in a straight line. Contract your glutes and abdominals to prevent arching your lower back. Keep your body in a straight line.



Prone Plank progression 2 (done only if you can hold progression 1 for longer than 30 seconds without loss of torso alignment)

t o y u g o i e f o k f e m d y

Dead bug progression one is too



Sets: 3 Reps: 10 Freq: 1x/day Hold: 2-3 seconds

4 Dead bug extension 1

easy)
 Assume a neutral pelvic position (tight abdominals, with back flat on floor), with the feet flat on the floor, one leg lifted, knee bent, as shown. Extend the raised leg then slowly lower the leg while simultaneously lowering the opposite arm to the floor. Slowly return to the starting position. Then repeat with the other leg and arm. The leg and shoulder should be 6-12 inches off floor. Hands should be 4-6 inches off floor.

Sets: 3 Reps: 10 Freq: 1x/day Hold: 2-3 seconds

5 Bilateral glute bridge on heels

Lie on your back with your knees bent. Lift your toes off the floor and squeeze your buttocks together to lift them off the ground until your hips are in line with your thighs and torso with your spine neutral (do not arch your back). Slowly lower your body and repeat.



Sets: 1 Reps: 10 Freq: 1-2x/day Hold: minimum 15-30 seconds

