



Cobra

Start by lying on your stomach with your palms facing the floor and elbows bent by your side. Raise up your head and then trunk incrementally. Allow your arms to assist in raising up as needed. Hold this position, then lower back down and repeat. Slow deep diaphragm breathing the entire time.

Repeat 1-5 times

Hold 30-60 seconds
Perform 3 times a week



Superman

Start in the prone position with arms stretched above your head. Lift both legs and arms from the mat, keeping the pelvis in contact with the floor.



Lift opposite arm and leg from the floor. Return to prone position. Alternate opposite arm and leg lift. Repeat.

Repeat 1-5 times

Hold 30-60 seconds
Perform 3 times a week



Plank Shoulder Touches

Begin in the plank position with wrists under shoulders and feet hip-width apart. Touch your left shoulder with your right hand and return to the plank position. Alternate and repeat on the opposite side.

Repeat 1-5 times

Hold for 30-60 seconds
Perform 3 times a week



Plank - Knee to Elbow

While lying face down, lift your body up on your forearms and toes. Try and maintain a straight spine. Bring your knee to your elbow. Alternate and repeat on the opposite side. Do not allow your hips or pelvis on either side to drop.

Repeat 1-5 times

Hold 30-60 seconds

Perform 3 times a week



Side Plank - with Arm Lift and Under

Maintain hip/knee/shoulder alignment (everything on a straight plane) as you come up into a side plank, lifting your top arm towards the ceiling. Then take that top arm and slowly bring it around your body and under your chest.

Your bottom arm can be bent on forearm, or with a straight arm (shown). If 2 straight legs are too difficult, you can bend the bottom knee and support the position that way!

Repeat 1-5 times

Hold 30-60 seconds

Perform 3 times a week



Side Plank Leg Lift

Maintain hip/knee/shoulder alignment (everything on a straight plane) as you come up into a side plank, lifting your top arm towards the ceiling. Then slowly raise your top leg until it is horizontal to the floor.

Your bottom arm can be bent on the forearm, or with a straight arm (shown). If 2 straight legs are too difficult, you can bend the bottom knee and support the position that way!

Repeat 1-5 times

Hold 30-60 seconds

Perform 3 times a week