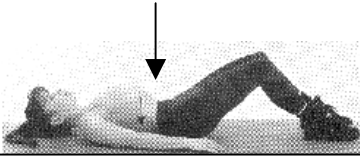
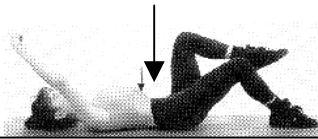


Lumbar/Core Strengthening Exercises



1. Posterior Pelvic Tilts

Level I = Hook lying 1 min./3 sec. hold
 Level II = Straight legs 2 min./3 sec. hold
 Level III = Around the clock 3 min./3 sec. hold



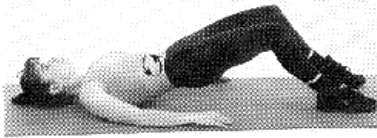
2. "DeadBug"

Level I = 1 arm, 1 leg, slow reps, 1 minute
 Level II = Opposite arm/leg, slow reps 3 minutes
 Level III = 3# wrist & 5# ankle wt., 3 min



3. Prone Opposite arm and leg raises

Level I = one arm / one leg, slow reps, 1 min
 Level II = Opposite arm/leg, 15 sec./ 2 min
 Level III = "Superman", slow reps, 3 min



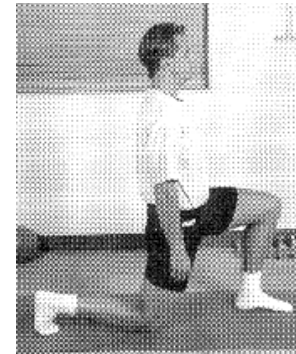
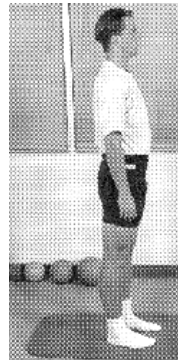
4. Bridge

Level I = Raise buttock off floor, parallel thigh/trunk, 30 sec
 Level II = Bridge with a march, 1-3 minutes without resting
 Level III = Bridge with opposite one leg extended, 15 sec/ 3 min



5. Partial Sit-ups

Level I = 2x5 FW/ Rt/Lt;
 Level II = 2x10 same w/ hips/knees 90/90°
 Level III = 3x10, hips 60° knees straight)

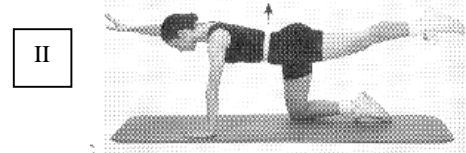
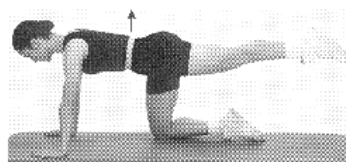
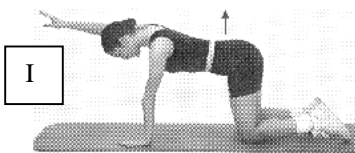


6. Horizontal Side-Bridge (bilateral)

Level I = hold 6 sec from knees (not shown)*
 Level II = hold 6 sec from feet
 Level III = hold for 12 sec from feet
 *Modify & support from knees if too difficult from the ankles/feet

7. Forward Lunges

Level I = 1 min without weights
 Level II = 2 min. with weights
 Level III = 3 min. with weights



8. Four Point Swimmer

Level I = Single arm / leg, slow reps, 3 min.; Level II = Opposite arm / leg, slow reps, 3 min.; Level III = 1/2 rounds, 3 min (not shown)