

Lateral Leg Rolls - Feet Up

- Lie on the floor
- Knees & hips bent, feet off the floor
- Roll knees from side to side
- Shoulders remain flat on floor



Complete 2-4 sets of 4-6 repetitions. Rest 30s between sets.

Abdominal Brace - Alternate Leg Extensions

- Lie face up, knees & hips bent, ankles slightly above knees
- Pre-tense lower abdominals, extend one leg
- Alternate the position of the legs while maintaining neutral spine position
- Repeat as directed



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Abdominal Brace - Double Leg Lowers

- Lie on floor, arms by side, legs vertical
- Pre-tense lower abdominals, hold neutral spine position
- Slowly lower legs, raise the legs when you begin to lose neutral spine position
- Repeat as directed



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Abdominal Double Crunch - Rotation

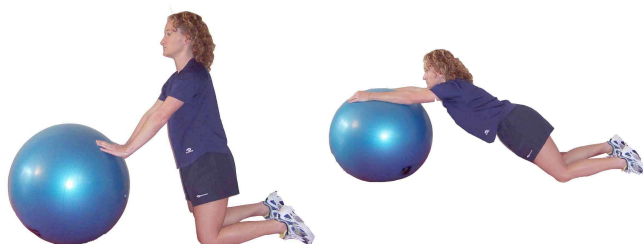
- Sit on floor, one elbow on opposite knee
- Feet off floor, sit tall
- Slowly recline shoulders to floor & extend both legs
- Crunch back to the start position with other elbow of opposite knee & repeat



Complete 2-4 sets of 8-15 repetitions. Rest 60s between sets.

Roll Out - Exercise Ball

- Kneel facing exercise ball
- Arms straight, hands on stability ball
- Fall forward onto the ball as ball rolls forward
- Arms support body weight
- Push arms into the ball to return to the start position
- Maintain posture throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Knee Tuck - Exercise Ball

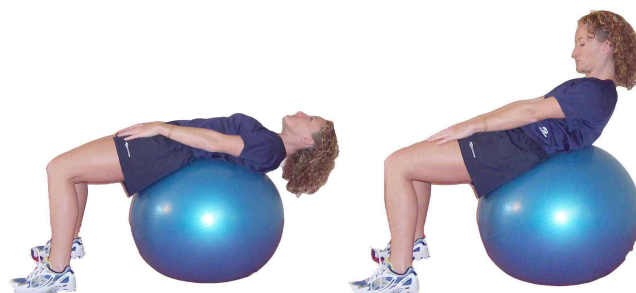
- Lie face down, hands on floor, feet on the ball
- Body parallel to floor
- Bring feet to buttocks, knees toward the floor
- Extend legs to return to start position
- Maintain straight body position throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Abdominal Crunch - Exercise Ball

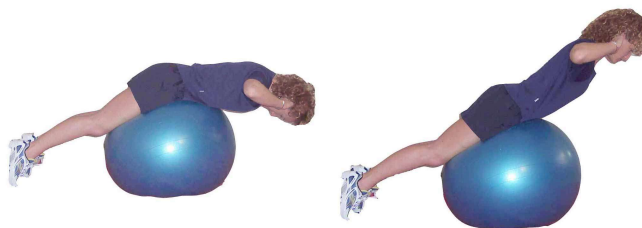
- Position lower back on crest of the exercise ball
- Feet wide enough to maintain stability
- Hands on thighs
- Crunch forward, slide fingers to mid thigh
- Return shoulders to ball



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Back Extension - Exercise Ball

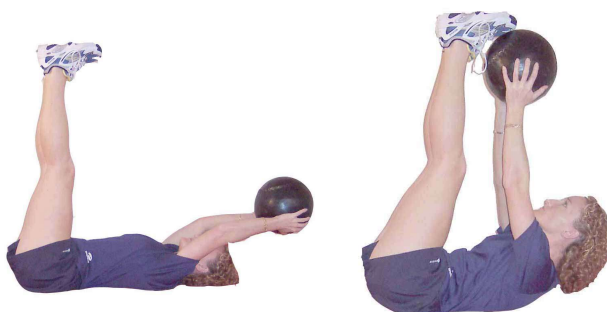
- Lie face down, hips on crest of exercise ball
- Feet secured on floor
- Body relaxed over the ball
- Hands on ears, slow extend torso
- Ankles, hips & shoulders to align



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Abdominal Crunch - Toe Touches - Medicine Ball

- Lie on back, extend legs vertically
- Hold medicine ball overhead
- Curl up & touch medicine ball on feet
- Return shoulders to floor
- Legs remain vertical throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Elbow to Knee Crunch - Alternate Leg Extensions

- Lie face up, hands behind low area of neck
- Bend knees to 90 degrees, feet off floor
- Curl up through the mid section & touch opposite elbow & knee
- At the same time extend the other leg
- Maintain the curl up position & repeat action on other side



Complete 2-4 sets of 8-15 repetitions. Rest 30s between sets.

Hanging Knee Raise - Roman Chair

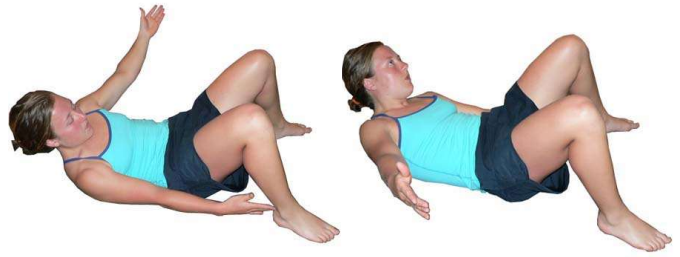
- Body weight supported by arms in Roman chair
- Back supported
- Bend knees, pull knees to chest
- Lower slowly
- Variation: Keep legs straight, flex from hips



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Abdominal Crunch - Alternate Heel Touches

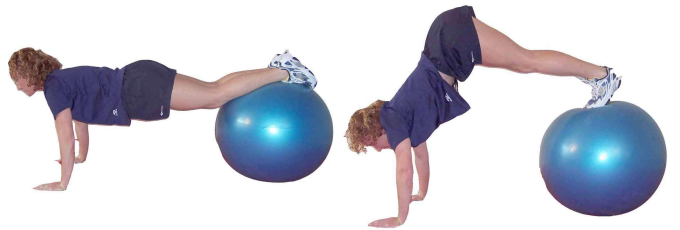
- Lie face up with knees bent, arms to the side
- Curl up slowly, tuck chin toward chest
- Maintain the curl up position & touch one heel
- Repeat on the other side



Complete 2-4 sets of 8-15 repetitions. Rest 30s between sets.

Pike - Exercise Ball

- Hands on floor, feet on the ball
- Body parallel to floor
- With straight legs, invert torso & roll ball towards hands
- Return slowly to start position



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Pilates Hundreds

- Lie face up, knees & hips bent, ankles slightly above knees
- Arms by side, tuck chin to chest & curl up
- With shoulders off mat, extend the legs
- Exhale in time with the bouncing action of the arms
- Perform five small exhalations & one inhalation, then repeat
- Maintain abdominal control & curl up position throughout
- The term hundreds is in reference to 20 sets of 5
- Complete 20 sets of 5 repetitions. Rest 0 between sets.



Plank - Elbows & Toes

- Lie face down, support body on forearms & toes
- Ankle, hip & shoulder in alignment
- Maintain neutral spine position



Hold for 30-90 seconds. Repeat 2-4 times.

V-Sit - #2

- Lie face up, arms raised above head, legs straight
- Preset lower abdominals
- Sit up into a V position
- Keep arms & legs straight, touch feet
- Hold position, lower legs & torso slowly



Complete 2-4 sets of 8-15 repetitions. Rest 30s between sets.

V-Sit - Opposite Arm & Leg

- Lie face up on the floor
- Arms extended overhead
- Simultaneously raise a leg & the opposite arm
- Touch foot, when leg is vertical
- Lower arms & leg slowly
- Repeat action on the other side



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Plank - Leg to Side

- Begin in prone plank position on hands & toes
- Rotate lower body & kick a foot to one side
- Keep legs as straight as possible
- Return to start position & kick foot to other side



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Reverse Crunch - Leg Thrust

- Lie face up on the floor
- Legs straight & vertical
- Preset lower abdominals
- Slowly press hips & legs upward, then lower & repeat
- Shoulders stay flat on floor throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Side Bend - Dumbbell

- Stand with dumbbell in one hand
- Dumbbell positioned by side, other hand on hip
- Lower the dumbbell by bending to one side
- Lift the dumbbell by bending to the other side



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Side Pass - Full Turn - Partner - Medicine Ball

- Partners stand back to back, 1-2m apart
- Hold medicine ball between waist & shoulder height
- Rotate body 180 degrees & pass medicine ball to partner
- Rotate to opposite side to receive medicine ball from partner
- Repeat several times in both directions
- Maintain posture throughout

Complete 2-4 sets of 8-12 repetitions. Rest 90s between sets.

Side Pass - Medicine Ball - Split Stance

- Stand side by side with partner, 3 metres apart
- Split stance, forward leg closest to partner
- Hold medicine ball between waist & shoulder height
- Rotate torso & throw ball to partner
- Partner catches, rotates and throws the ball back
- Maintain an upright posture throughout

Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.

Side Plank - Hip Lifts

- Start in side plank position on hand & foot
- Drop to hips toward the floor & then lift hips upward
- Pause, lower hips & repeat
- Maintain neutral spine position



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Torso Rotations - Corkscrew - Lying

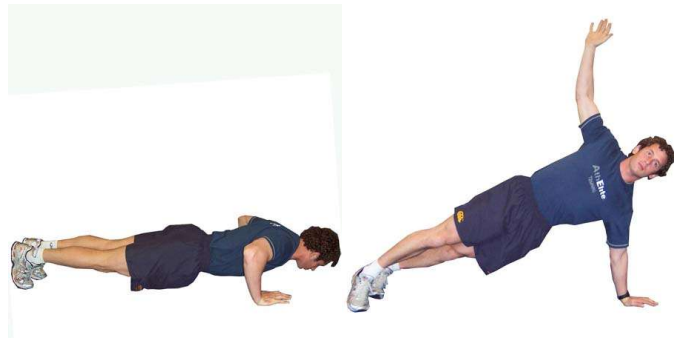
- Lie face up with straight arms & legs raised
- Preset lower abdominals
- Twist the legs to one side & the arms to the other
- Alternate positions, maintain trunk control



Complete 2-4 sets of 8-15 repetitions. Rest 30s between sets.

Push Up - With Torso Rotation

- Begin in a push up position on feet & hands
- Lower chest to floor
- Push up & rotate into a rotated side plank position
- Support body weight on one arm & both legs
- Hold position momentarily with arm pointing upward
- Rotate back into another push up, repeat on other side



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.