

Abdominal Bracing

☐ **Starting position for each exercise:**

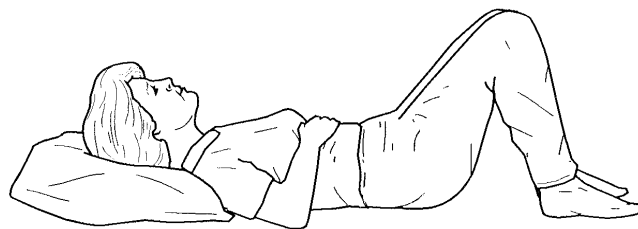
- Lie on your back with both knees bent and feet flat on the floor.
- Keep your back in a pain-free position.



☐ **Squeeze your buttock muscles together.**

- Hold for ____ seconds.

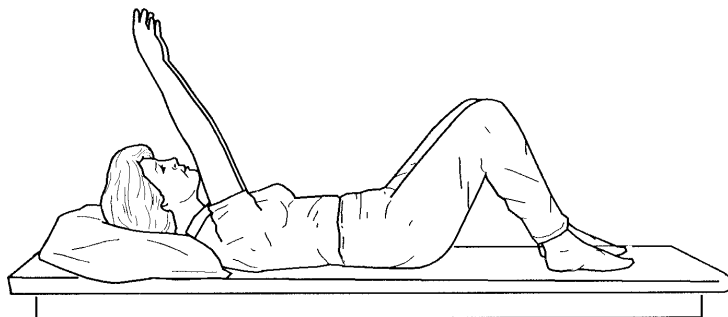
Repeat ____ times.



☐ **Slowly raise both arms up over your head, keeping your elbows straight.**

- Hold for ____ seconds, then return your arms to your sides.
- **Option:** Add ____ lb. cuff weights to both wrists.

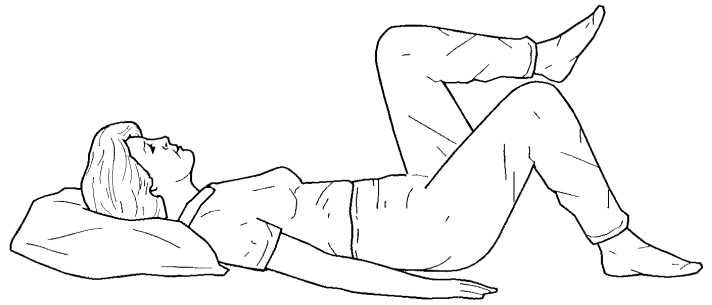
Repeat ____ times.



- ☐ Slowly bring your left knee to your chest.

- Hold for ____ seconds.
- Repeat with the right knee to chest.
- **Option:** Add ____ lb. cuff weights to both ankles.

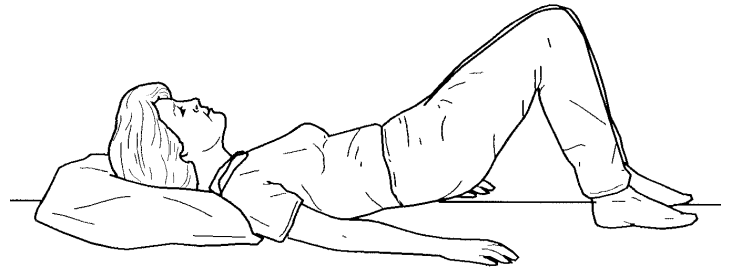
Repeat ____ times.



- ☐ Slowly raise your buttocks off the mat.

- **Do not** arch your back.
- Hold for ____ seconds.

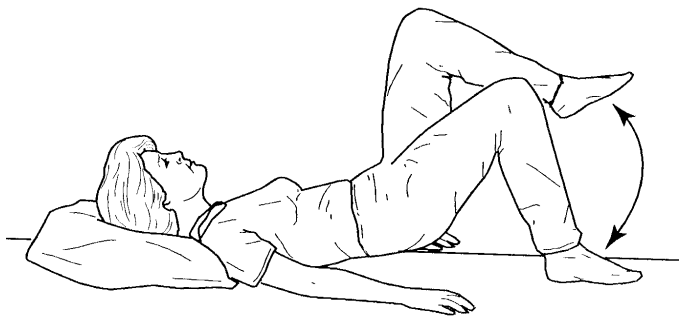
Repeat ____ times.



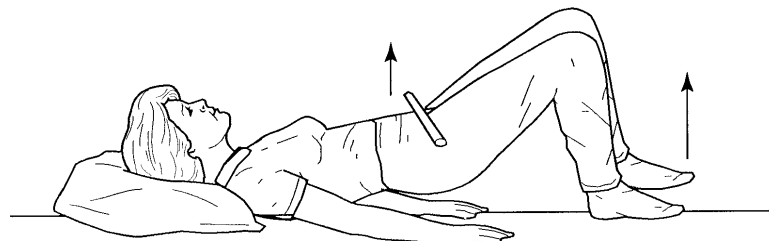
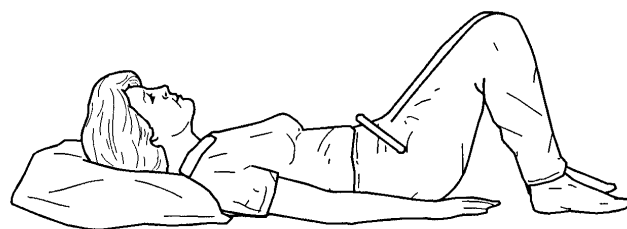
- ☐ Slowly raise your buttocks off the mat and hold.

- Slowly march your feet in place.
- Hold for ____ seconds.
- **Option:** Add ____ lb. weights on ankles.

Repeat ____ times.

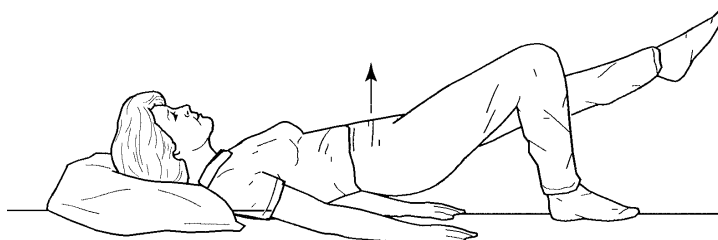
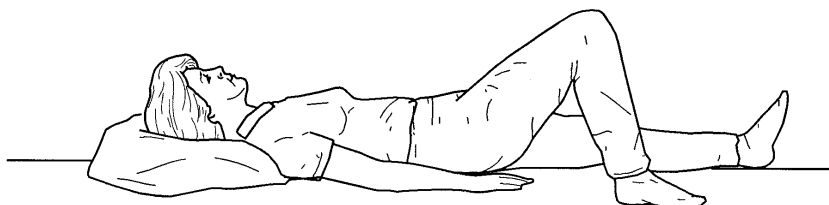


- ☐ Lie on your back with both knees bent and feet flat on the floor.
 - Place a cane or ruler across your hips.
 - Slowly raise your left foot and hips 3-6 inches off the mat while keeping the cane level across your hips.
 - **Do not** let your back arch.
 - Hold for ____ seconds.
 - Repeat with the right leg.



Repeat ____ times.

- ☐
 - Lie on your back with one knee bent and the foot flat on the mat. The other leg is straight.
 - Raise the straight leg up and hold it 3 inches off the mat.
 - Slowly raise your buttocks off mat.
 - Hold for ____ seconds.
 - Switch legs.



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