

- 4.1. Straight leg lifts on knee
- 4.2. Leg swing up and out on knee (Donkey kick)
- 4.3. Straight leg circles on knee
- 4.4. Push ups
- 4.5. Prone opposite arm opposite leg raises (Superman 1)
- 4.6. Prone double-arm and double leg raise (Superman 2)
- 4.7. Prone straight leg in and outs
- 4.8. Low back extensions
- 4.9. In and out arms with legs raised
- 4.10. Back rounders (Roman chair sit-up & hold)

