

# Supine Toe Tap



1. Start on your back. Lift your legs, with your knees bent to 90 degrees. Place your hands at your sides, palms down.
2. Tighten your core. Lower your right foot and gently tap the floor, keeping your left leg still and your back flat.
3. Raise your right leg to return to the starting position.
4. Repeat with your left leg.
5. Start with 1 set of 8 to 12 reps.

# Plank



1. Start on all fours, with your hands below your shoulders and your knees below your hips.
2. Straighten your legs behind you, keeping your feet hip-width apart. Tighten your core.
3. Hold for 10 to 30 seconds.
4. Repeat 3 to 5 times.

To make this exercise easier, keep your knees on the floor, with your weight over your hands. Keep a straight line from your knees to your shoulders.

# Bird dog with elbow to knee



1. Start on all fours, hands below your shoulders and knees below your hips.
2. Tighten your core. Lift and straighten your right leg to hip level. Simultaneously lift and extend your left arm to shoulder level, palm down.
3. Increase intensity by strongly flexing the toes to your knees, contract glutes, quads, and abs while stiffening the triceps on both arms
4. Bring your right knee and left elbow toward each other. Return to the starting position.
5. Start with 1 set of 8 to 12 reps.
6. Repeat on the other side.