## **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.

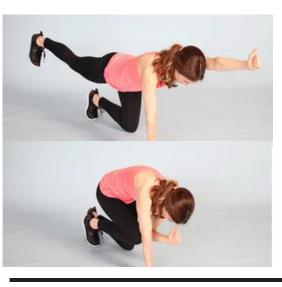
## **Plank**



- 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. Bring your right knee and left elbow toward each other. Return to the starting position.
- 4. Start with 1 set of 8 to 12 reps.
- 5. Repeat on the other side.