



Day 2/6

Focus: Strength & endurance

Standing Pelvic Tilt	1. 45 sec	2. 45 sec	3. 45 sec	
	REST 60s	REST 60s	REST 60s	

Spider Wall Walk	1. 4-6	2. 4-6	3. 4-6	
	REST 60s	REST 60s	REST 60s	
	Each side			

Dead Bug	1. 4-6	2. 4-6	3. 4-6	
	REST 60s	REST 60s	REST 60s	
	Each side			

Recumbent Bike	1. 40 min	
	REST	
	Or Swimming if you have the ability. If not, the bike works well.	