

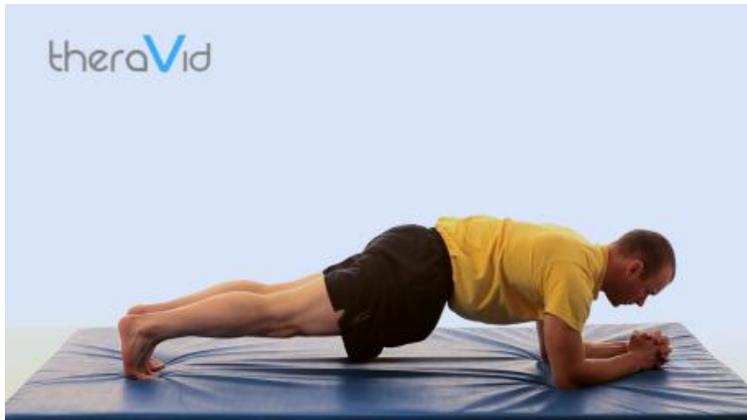
Bridges



Sets: 1 **Reps:** 10 **Resistance:** -- **Hold:** 10 Seconds **Rest:** -- **Times Per Day:** 1/ Day **Times Per Week:** --

Description: Begin by lying with knees bent and both feet placed on the floor with arms at your sides. Raise your hips off the surface by squeezing your gluteal muscles. Attempt to bring the hips up to where they are in line between the knees and shoulders. Repeat as directed.

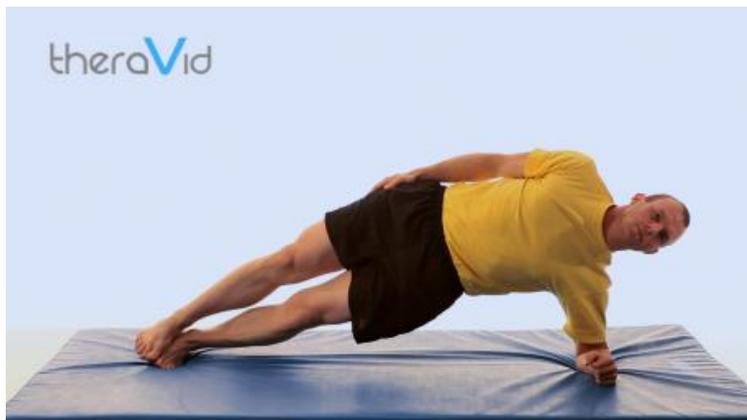
Planks



Sets: 3 **Reps:** -- **Resistance:** -- **Hold:** 60 seconds **Rest:** -- **Times Per Day:** 1 **Times Per Week:** --

Description: Begin by lying on your stomach with both forearms under your chest. Keeping your abdominals tight, push up through your forearms so that your chest, hips, and knees are off the ground. You should be able to draw a straight line from your ankles, through your hips to your shoulders. Hold as directed. Repeat as directed.

Side Planks



Sets: 1 **Reps:** 3 **Resistance:** -- **Hold:** 45-60 **Rest:** -- **Times Per Day:** 1 **Times Per Week:** --

Description: Lying on your side you with your elbow and forearm under your shoulder, lift your hips off the floor, keeping your abdominals tight. Make sure to keep your body as straight as possible. Hold as directed, repeat as directed.

Quadruped Alternating Arm & Leg - Knee Straight

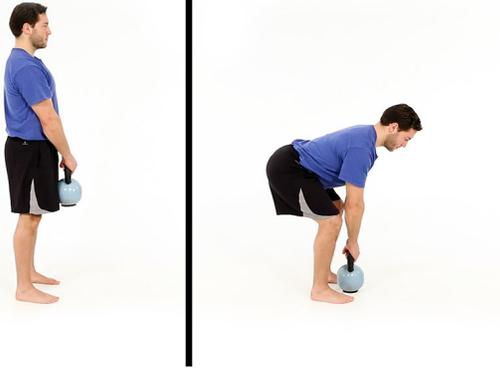


Sets: 1 **Reps:** 10 **Resistance:** -- **Hold:** 10 Seconds **Rest:** -- **Times Per Day:** 1x/Day **Times Per Week:** --

Description: Starting on your hands and knees, slowly raise your opposite arm and leg keeping your abdominal muscles tight and your back flat. Return the arm and leg to the starting position. Repeat with the opposite arm and leg. Continue this as Directed.

Kettlebell RDL (Romanian Deadlift)

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Sets: 3 **Reps:** 10 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 1
Times Per Week: --

Description: Starting Position:

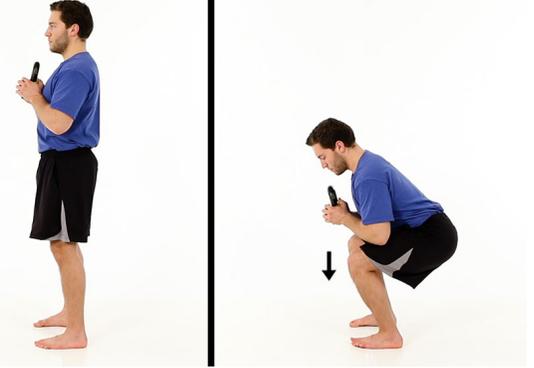
Begin by standing tall with feet shoulder width apart and knees unlocked. KB starts between your feet with the handle of KB lining up with your ankles.

Movement:

Proceed into a hip hinging motion sitting hips back while maintaining natural lordosis of back and reach for handle of KB. Once gripped engage your core and lock your shoulder blades down and back. This should cause the KB to hover slightly off the floor even before you start the motion. Extend upwards through your hips, using your hamstrings and glutes, spine in neutral the whole movement.

KB Goblet Squat

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Sets: 3 **Reps:** 10 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 1
Times Per Week: --

Description: Starting Position:

Stand in a symmetrical stance with the kettlebell held at your sternum. The feet are approximately hip width with the big toes and heels planted firmly in the floor. The feet are pointed forward and may be slightly turned out. The legs are straight but not locked, the pelvis is square with the sternum out. The spine is tall and the head and neck are neutral.

Movement:

To begin the descent, stay tight through the diaphragm and lower the body by bending the knees into a squat. Keep the shoulders down and peeled back while the kettlebells remain fixated. As the knees bend, they should be pointing out over the lateral aspect of the foot. Do not allow the knees to cave in and

Lunge Sagittal Common

Sets: 3 **Reps:** 10 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 1
Times Per Week: --

Description: Starting Position:

Begin in a standing position, with your feet shoulder width apart.

Movement:

Step forward with one leg and bend both knees to drop your body toward the ground.

Tip:

For the leg you stepped with, make sure your knee does not go past your toes.