

Prone Bilateral Arm and Leg Lift

REPS: 10

SETS: 3

HOLD: 5



Setup

Begin lying face down with your legs straight and arms extended overhead.

Movement

Tighten your back muscles and lift both your arms and legs off the floor at the same time. Hold this position.

Tip

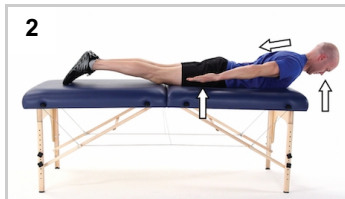
Make sure to keep your chin tucked during the exercise.

Superman on Table

REPS: 10

SETS: 3

HOLD: 5



Setup

Lie face down on a bed or comfortable surface with your head slightly hanging over the edge, and arms at your sides.

Movement

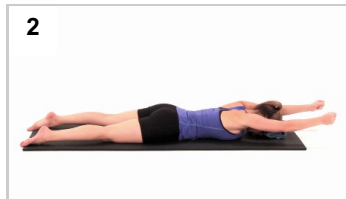
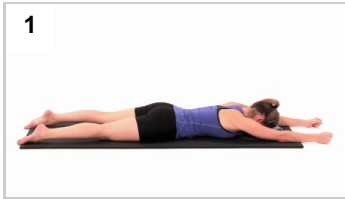
With your chin tucked, lift your head away from the floor until your back is straight. At the same time, draw your shoulder blades down and towards the middle of your back and raise your arms a few inches off the surface of the bed.

Tip

Make sure to keep your chin tucked and do not turn or rotate your head.

Prone Shoulder Flexion

REPS: 10	SETS: 3	HOLD: 5
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Setup

Begin lying face down with your head resting on a small towel roll and your arms resting straight overhead, hands in fists, palms facing inward.

Movement

Lift your arms off the ground as far as far as your can, then lower them back to the ground and repeat. Think of squeezing your shoulder blades together as you lift your arms.

Tip

Make sure not to arch your back as you lift your arms.

Isometric Low Push Up

REPS: 3	SETS: 3	HOLD: 15
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Setup

Begin on all fours with your hands slightly wider than shoulder width apart, then lift yourself into a plank position.

Movement

Keeping your shoulders over your hands, bend your elbows to lower your body toward the ground, then hold at the bottom of the position. Push yourself back up and repeat.

Tip

Make to keep your back straight during the exercise.

Walking Push Up

REPS: 10	SETS: 3	HOLD: 1
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Setup

Begin on all fours. Bring your arms and legs into a pushup position with your hands slightly wider than shoulder width apart and your feet close together.

Movement

Slowly walk your body sideways, bringing your hands together and feet apart, then move back into the starting position. Continue to move from side to side in both directions.

Tip

Make sure to keep your back and knees straight while maintaining a gentle chin tuck throughout the exercise.

Push Up with Shins on Swiss Ball

REPS: 10	SETS: 3	HOLD: 5
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Setup

Begin in a push-up position with your legs straight, supported by a swiss ball under your shins.

Movement

Bending your elbows, slowly lower your body to the ground, return to the starting position, then repeat.

Tip

Make sure to keep your body straight throughout the exercise.