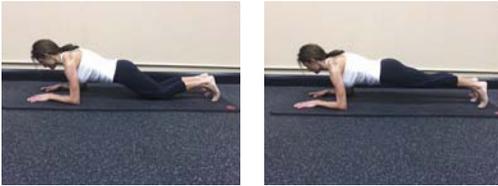
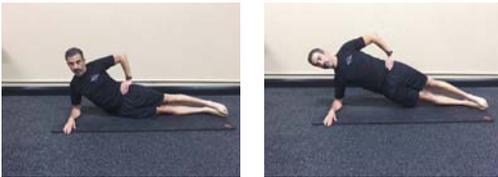


Front Plank



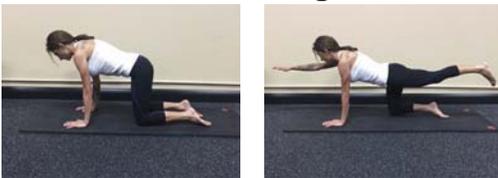
Do Front Planks on forearms with your back flat and head looking straight ahead. Hold for 60 seconds or until you start to sag, whichever is sooner. If you manage 30 seconds or more, 1 effort is enough. If you manage less than 30 seconds, do 2. *

Side Plank



Do Side Planks on forearm with your back straight, your head in line with your spine and your hip off the ground. Hold for 60 seconds or until you start to sag, whichever is sooner. If you manage 30 seconds or more, 1 effort is enough. If you manage less than 30 seconds, do 2. It is ok to keep your knee touching the ground on your bottom leg until you get stronger. *

Bird Dog



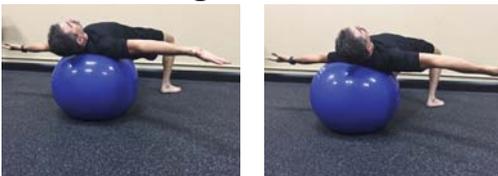
Do opposite arm/opposite leg extensions (also called Bird Dog). Kneel on all fours, lift your opposite arm and leg and hold them both parallel to the ground. Hold for 5 sec then switch sides. Again keep your back straight and hold your core tight. When lifting your leg be sure to activate your glute muscle. Do 2 sets of 10 on each side. *

Push-up



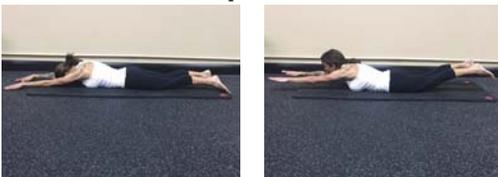
Do 1 set of Push-ups until you get a mild burn and then stop. If you manage 20 or more, 1 set is enough. If less than 20, do a 2nd set to mild burn. If you have any shoulder pain during these, do not do them and talk to your coach and/or local sports physician.

Bridge T Roll Offs



Do the Bridge T Roll Offs on a stability ball. Lie on the ball on your back, roll out until the ball is squarely under your shoulder blades and balance here with your hips and back straight, knees bent and feet on the floor. Move from side to side on the ball holding your back and core solid. Go as far as you can to each side without sagging or tilting. Do this 5 times on each side and repeat. If you don't have a stability ball, lie on your back and lift so both feet and your shoulders are on the floor but your lower back, butt and legs are lifted. Lift 1 leg straight up and hold for 5 seconds. Put that foot down and lift the other leg for 5 seconds. Do a total of 5 lifts on each side. *

Superman



Do Superman back extensions by lying on your stomach on the floor and tightening your back muscles to lift your legs, hips and chest off the floor. Hold the arched position for 5 seconds, relax for a few seconds and repeat for a total of 10 times or until you can't raise and hold for the full 5 seconds.*