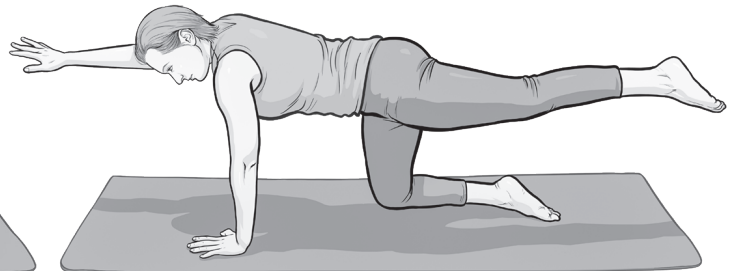
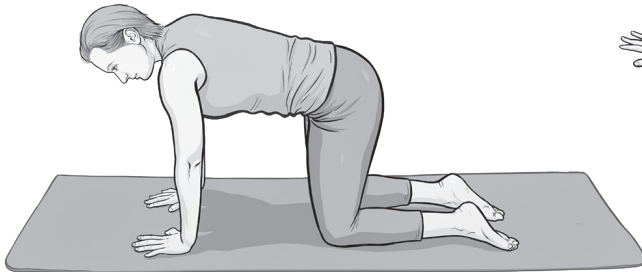


Caution: Please consult your healthcare professional before you attempt these exercises.

## Alternate Arm Leg Raises

Perform twice a day

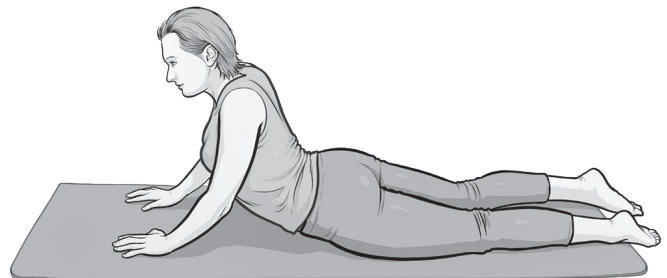
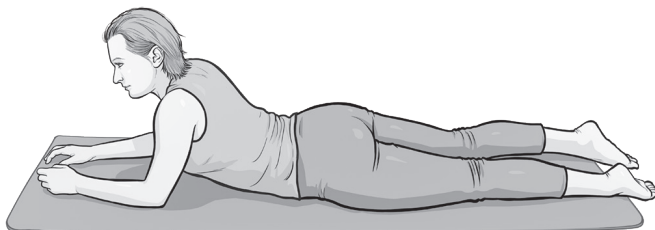
1. Start with your hands and knees on the floor, ensuring that your palms are directly underneath your shoulders and your back is kept straight.
2. Engage your abdominal muscles by gently drawing in your belly button. Inhale and, as you begin to exhale, simultaneously extend your right arm and left leg away from your body. Make sure that both your arm and leg are in a straight line. Hold this posture for 10 to 15 seconds. Inhale and then, while exhaling, slowly lower your arm and leg back to the starting position. Repeat this exercise 3 to 5 times.
3. Perform the exercise using your left arm and right leg and repeat 3 to 5 times.



## Back Extension Exercise

Perform twice a day

1. Lie on your abdomen with your legs straight and your upper body supported by your forearms.
2. Inhale and, while exhaling, slowly push up to curve your spine backwards by straightening your elbows while keeping your hips in contact with the floor. Hold this posture for 10 to 15 seconds. Inhale and then, while exhaling, slowly lower your upper body down to the starting position.
3. Repeat this exercise 3 to 5 times.

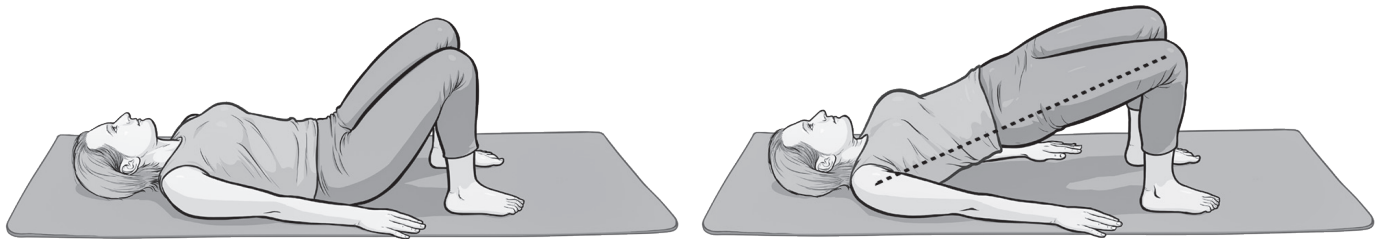


Caution: Please consult your healthcare professional before you attempt these exercises.

### Bridge

Perform  
twice  
a day

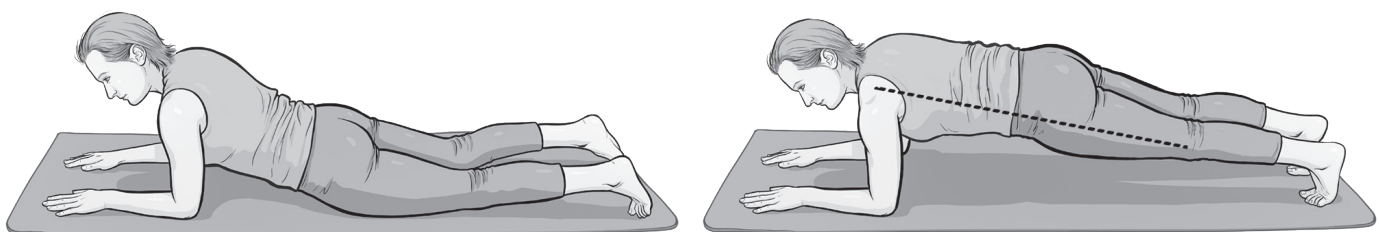
1. Lie on your back with your knees bent and your feet hip-width apart. Place your arms flat next to your body with your palms facing down.
2. Engage your abdominal muscles by gently drawing in your belly button and flattening your lower back against the floor. First inhale and then, as you begin to exhale, slowly lift your hips up off the floor, starting with your tail bone, and then peeling your body up one vertebra at a time until your knees, hips and shoulders form a straight line. Now, inhale and squeeze your buttocks and hold this posture for 10 seconds. Then, while exhaling, slowly roll your body back down to the floor. Repeat this exercise 3 to 5 times.



### Plank

Perform  
twice  
a day

1. Lie facing the floor with your forearms shoulder-width apart and your thighs and toes in contact with the floor.
2. Engage your abdominal muscles by gently drawing in your belly button. First inhale and then, as you begin to exhale, slowly lift your hips and knees up off the floor until your knees, hips and shoulders form a straight line and your weight is supported by your forearms and toes. Hold this posture for 10 seconds. Inhale and then, while exhaling, slowly lower your thighs back to the floor. Repeat this exercise 3 to 5 times.

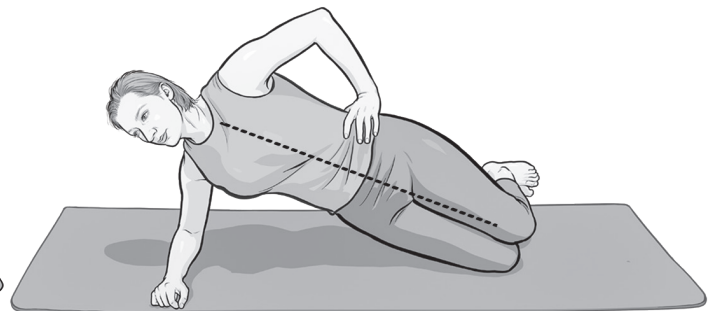


Caution: Please consult your healthcare professional before you attempt these exercises.

### Side Plank for Beginners

Perform twice a day

1. Lie on your right side with your knees bent and your right elbow directly underneath your right shoulder.
2. Engage your abdominal muscles by gently drawing in your belly button. Inhale and, as you begin to exhale, slowly lift your hips up off the floor until your knees, hips and shoulders form a straight line. Hold this posture for 10 seconds. Inhale, and as you begin to exhale, slowly lower your body back down to the floor. Repeat this exercise 3 to 5 times.
3. Perform the exercise on your left side 3 to 5 times.



### Side Plank for Advanced

Perform twice a day

1. Lie on your right side with your right elbow directly underneath your shoulder, your legs straight and your ankles on top of each other.
2. Engage your abdominal muscles by gently drawing in your belly button. Inhale and, as you begin to exhale, slowly lift your hips up off the floor until your knees, hips and shoulders form a straight line. Hold this posture for 10 seconds. Inhale, and as you begin to exhale, slowly lower your body back down to the floor. Repeat this exercise 3 to 5 times.
3. Perform the exercise on your left side 3 to 5 times.

