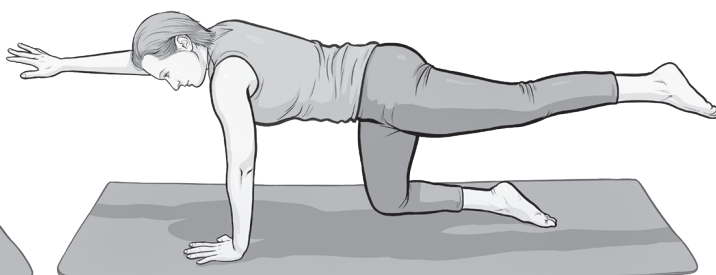
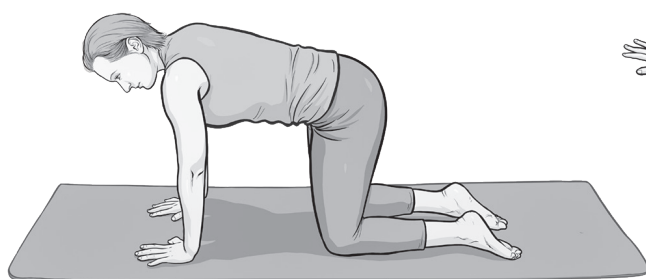


Caution: Please consult your healthcare professional before you attempt these exercises.

## Alternate Arm and Leg Raises

Perform twice a day

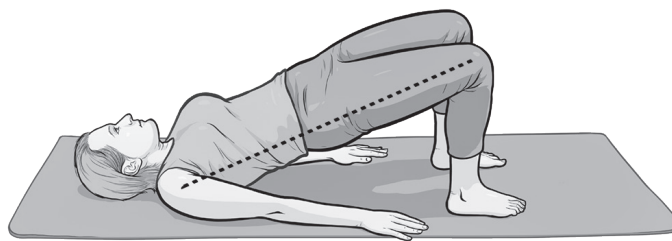
1. Kneel down and place your palms flat on the floor directly underneath your shoulders. Position your knees hip-width apart and ensure that your back is straight.
2. Engage your abdominal muscles by gently drawing in your belly button. Inhale, and then, as you begin to exhale, extend your right arm and your left leg to a horizontal position. Hold this posture for 10 to 15 seconds. Inhale again, and then, as you begin to exhale, slowly lower your arm and leg back to the starting position. Repeat this exercise 3 to 5 times.
3. Repeat this exercise using your left arm and right leg.



## 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. Inhale, and then, as you begin to exhale, slowly peel your body from the floor until your knees, hips, and shoulders form a straight line. Now, inhale again and squeeze your buttocks and hold this posture for 10 to 15 seconds. Then, while exhaling, slowly roll your body back down to the floor. Repeat this exercise 3 to 5 times.



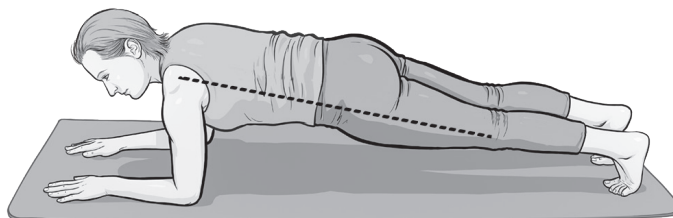
© All Rights Reserved. Educom Pty. Ltd.

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

## Plank

Perform  
twice a day

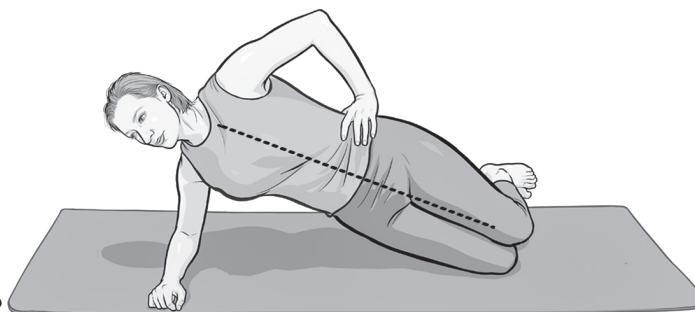
1. Lie on your abdomen with your forearms shoulder-width apart and your thighs and toes in contact with the floor.
2. Engage your abdominal muscles by gently drawing in your belly button. Inhale, and then, as you begin to exhale, slowly lift your thighs up off the floor until your knees, hips, and shoulders form a straight line and your weight is supported by your forearms and toes. Hold this posture for 10 to 15 seconds. Inhale again, and then, while exhaling, slowly lower your thighs back to the floor. Repeat this exercise 3 to 5 times.



## Side Plank for Beginners

Perform  
twice a day

1. Lie on your right side with your knees bent and your right elbow directly under your right shoulder.
2. Engage your abdominal muscles by gently drawing in your belly button. Inhale, and then, 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 to 15 seconds. Inhale again, and then, as you begin to exhale, slowly lower your body back down to the floor. Perform this exercise 3 to 5 times.
3. Repeat this exercise on your left side.



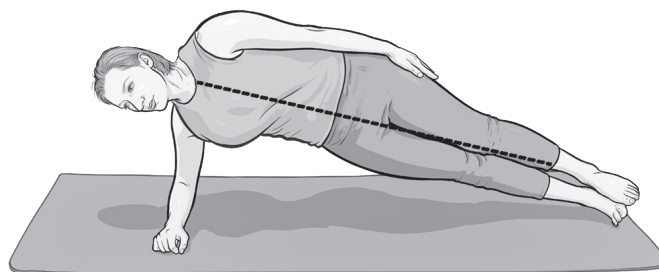
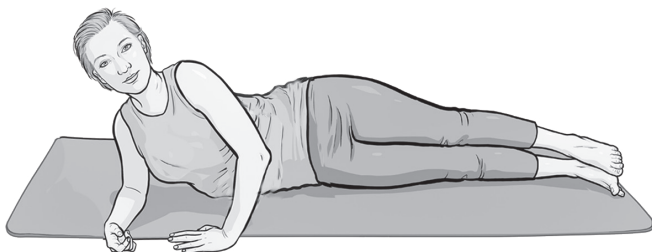
© All Rights Reserved. Educom Pty. Ltd.

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

## Side Plank for Advanced

Perform twice a day

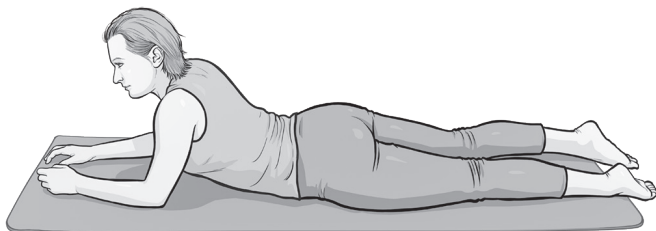
1. Lie on your right side with your right elbow directly underneath your right shoulder, your legs straight, and your ankles on top of each other.
2. Engage your abdominal muscles by gently drawing in your belly button. Inhale, and then, as you begin to exhale, slowly lift your hips up off the floor until your feet, hips, and shoulders form a straight line. Hold this posture for 10 to 15 seconds. Inhale again, and then, as you begin to exhale, slowly lower your body back down to the floor. Perform this exercise 3 to 5 times.
3. Repeat this exercise on your left side.



## 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 then, as you begin to exhale, slowly push up to curve your spine backward by straightening your elbows and keeping your hips in contact with the floor. Hold this posture for 10 to 15 seconds. Inhale again, and then, as you begin to exhale, slowly lower yourself back to the starting position.
3. Repeat this exercise 3 to 5 times.



© All Rights Reserved. Educom Pty. Ltd.