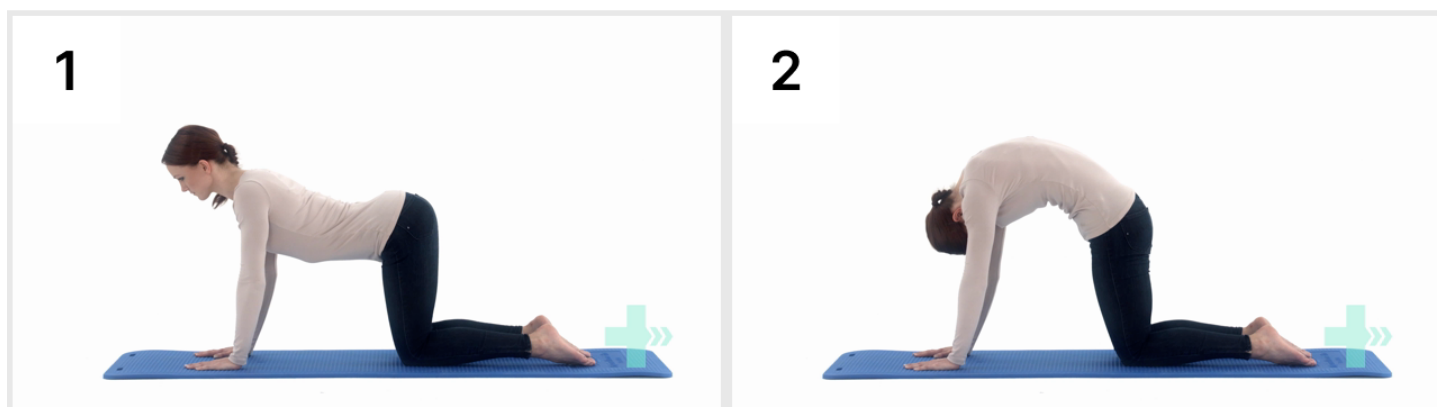


Atomic Pilates &
Chiropractic
14003 S Redwood Rd
Suite 200
Bluffdale, UT, 84065

1. "Cat and camel" Trunk flexion/extension AROM, quadruped; 01

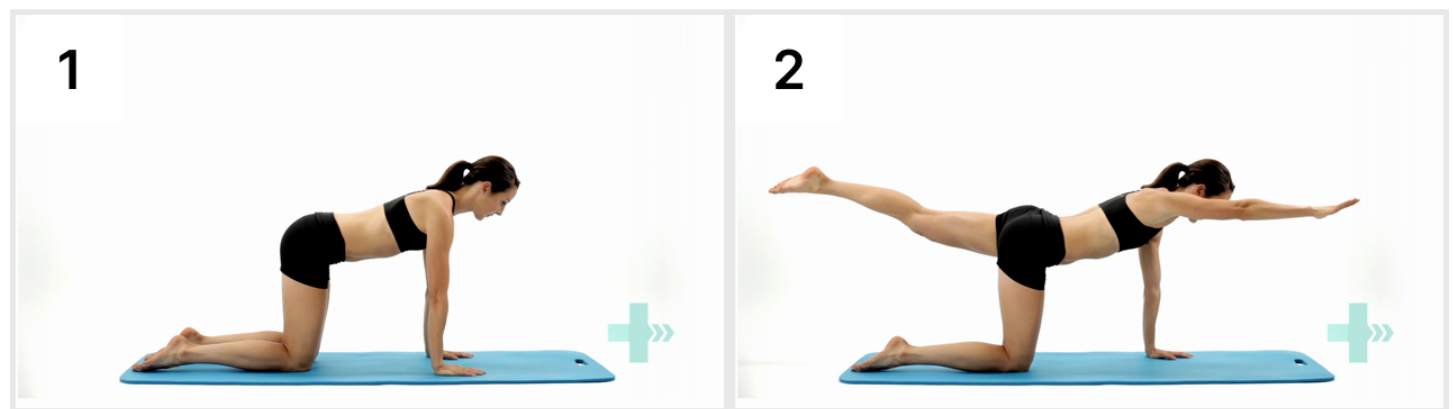
Sets: **2** • Reps: **10** • Hold: **1s**



Start on your hands and knees with your back in a neutral position.
Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.
Hold this position.
Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back.
Hold this position, and then repeat.

2. "Bird dog" Core/abdominal stabilization; 01

Sets: 3 • Reps: 10 • Hold: 5s



Start on your hands and knees, with your hands under your shoulders, and knees under your hips.

Tighten the abdominal core muscles.

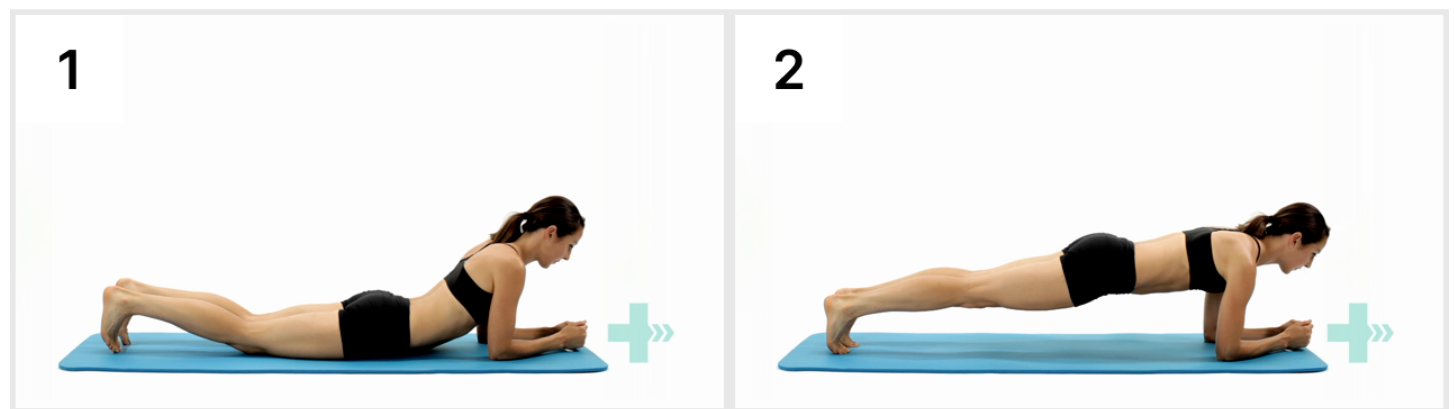
Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your torso.

Do not allow your body or hips to rotate.

Repeat on the other side.

3. "Plank (low)" Core/scapular strengthening isometric; 01

Sets: 3 • Hold: 10s



Lie on your front with your toes on the floor.

Place your forearms on the floor and push up, lifting your torso and legs.

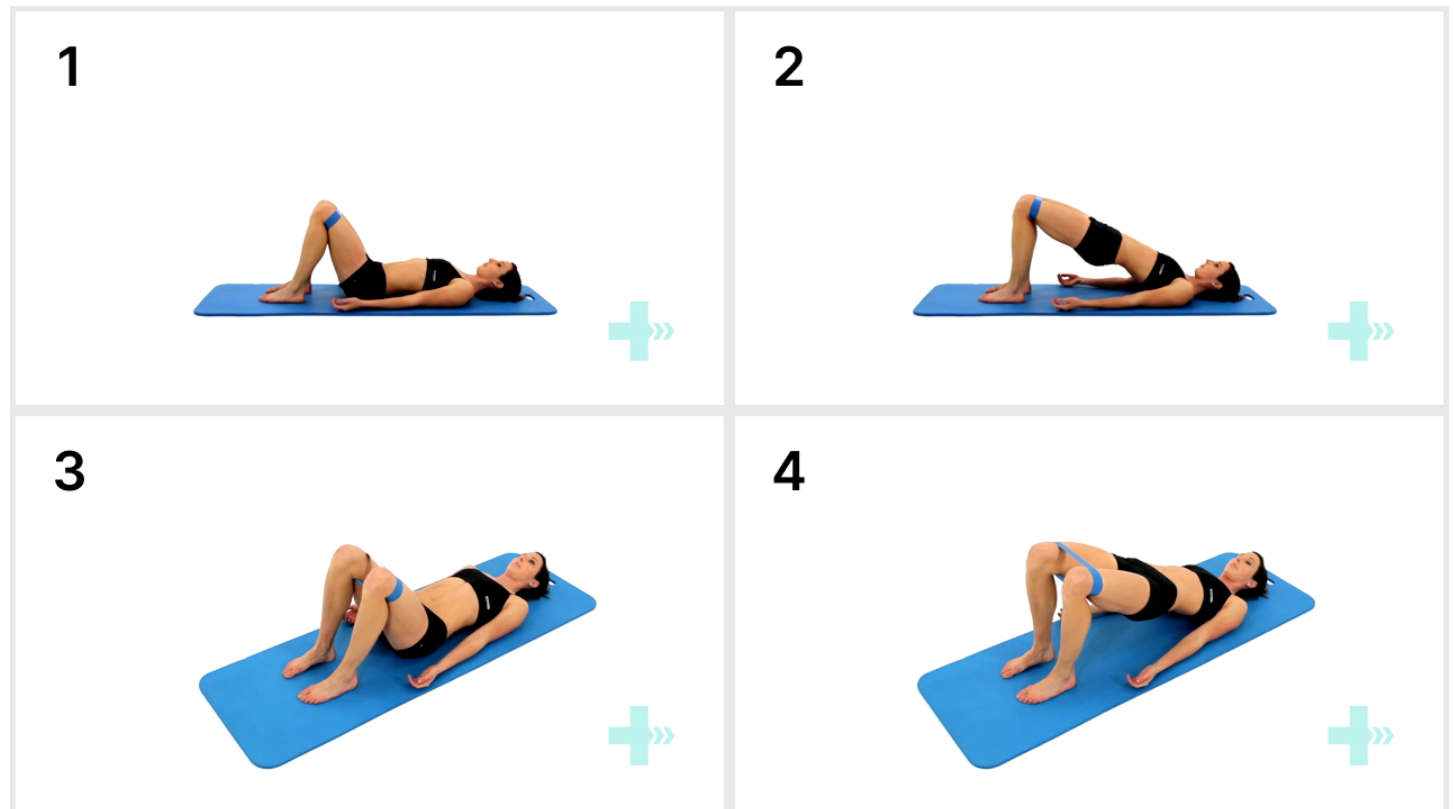
Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.

Keep your buttocks squeezed and your hips level.

You will feel the core muscles working.

4. "Bridge" Core/gluteals strengthening, with band; 01

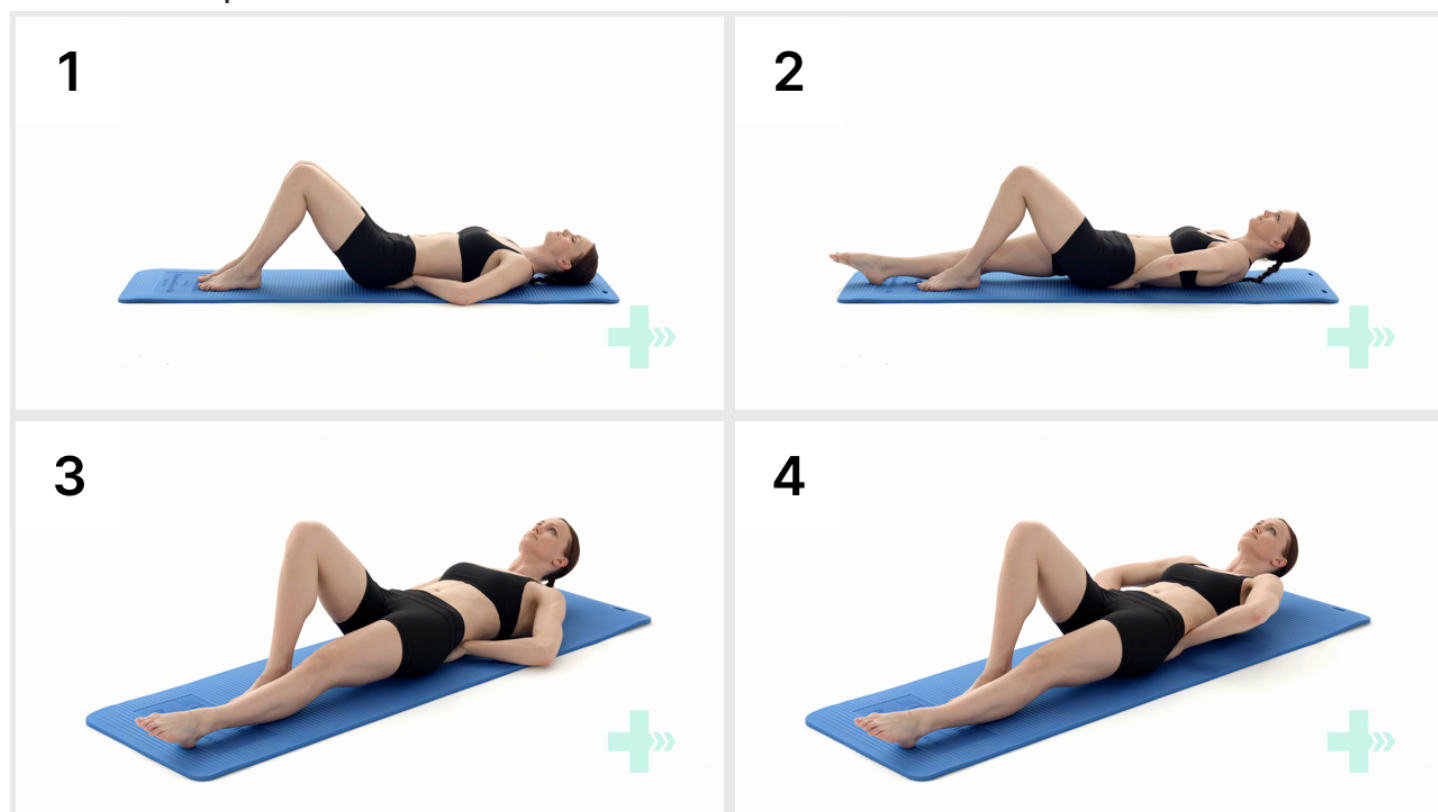
Sets: 3 • Reps: 10



Place a resistance band loop around both thighs, just above your knees. Lie on your back with your knees bent and feet flat on the floor. Place legs hips width apart so that there is tension in the band. Raise your hips up into a bridge, keeping the knees hips width apart. Control the movement back down to the start position, maintaining constant tension on the band.

5. "Crunch, McGill Curl up" Core/abdominal strengthening

Sets: 3 • Reps: 10 • Hold: 2s



Lie on your back with your knees bent and your feet flat on the floor.

Place both hands, palm down, under the small of your back.

Straighten one leg down onto the floor.

Keep your gaze directly above you on the ceiling, and tense your abdominal muscles.

You may find pressing your tongue into the roof of your mouth helps to support your neck whilst performing this exercise.

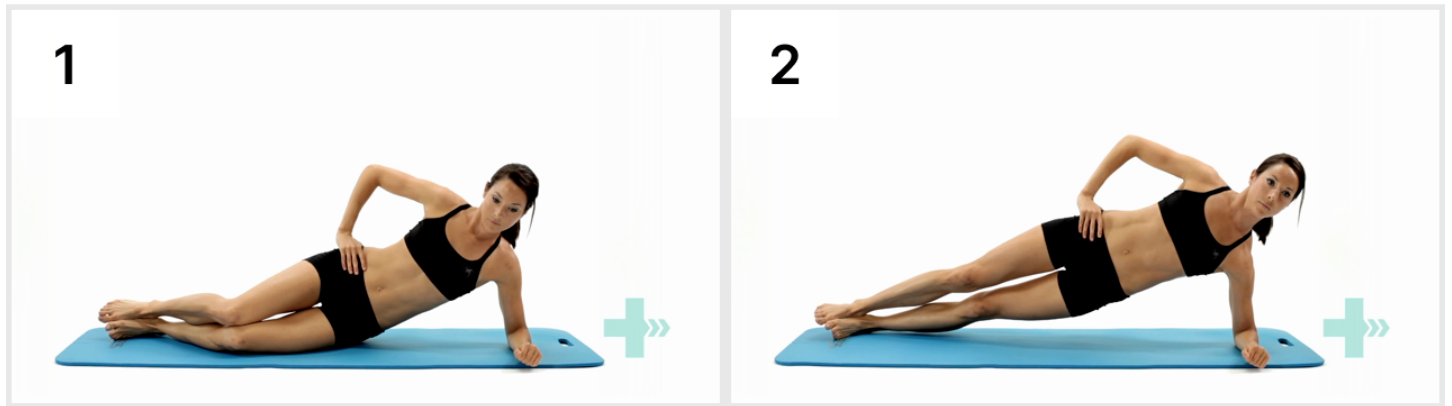
Raise your head and shoulders off the floor 1 to 2 inches, then lift your elbows.

Hold this position.

Control the movement as you lower back down onto the floor and relax.

6. "Plank, side (low)" Core/scapular strengthening isometric; 01

Sets: 3 • Reps: 5 • Hold: 5s



Lie on your side, propping yourself up on your elbow.

Keep your legs straight and stacked on top of one another.

Use your elbow and feet to push the body off the floor, and maintain a straight line from your head to your feet.

Hold this position for as long as you can, preventing the hips from sagging.