

1. Classic Crunch | Arms Forward



Sets: 1
Reps: 10

2. Bridge



Sets: 1
Reps: 10

3. Sidebend Crunch



Sets: 1
Reps: 10

4. Active Straight Leg Raise



Sets: 1
Reps: 10

5. Hip Abduction Sidelying- Bottom Leg Bent



Sets: 1
Reps: 10
Tempo: slow

6. Hip Flexion 90°



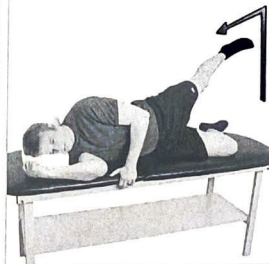
Sets: 1
Reps: 10
Tempo: slow

7. Knee Extension Concentric (Roll)



Sets: 1
Reps: 10
Hold: 5 seconds

8. Hip Abduction + Extension Sidelying | Straight Leg



Sets: 1
Reps: 10

1. Classic Crunch | Arms Forward

Sets: 1 | Reps: 10

Preparation:

- Lay on back, knees bent, feet flat
- Arms forwards

Execution:

- Perform a crunch, lifting shoulder blades and upper back off floor
- Continue to lift, sliding your hands to your knees, return with control



Arms straight



Lift shoulder blades and upper back, reach for knees

2. Bridge

Sets: 1 | Reps: 10

Preparation:

- Lie on your back with arms resting at your sides, palms up
- Bend hips and knees, placing feet on flat surface
- Pull belly button in

Execution:

- Lift your hips off the surface to make a bridge
- Do not arch your back
- Keep belly button pulled and squeeze glutes during movement
- Lower slowly



Lie on back, arms resting at your side, palms up; Bend hips and knees, place feet on flat surface



Keep belly button pulled and squeeze glutes during movement



Lower slowly back to start position

Sets: 1 | Reps: 10

3. Sidebend Crunch

Preparation:

- Lie on back.
- Knees are bent.
- Feet are flat on floor.
- Engage core.
- Perform a crunch, lifting shoulders and upper back off floor, arms straight at sides.



Start Position



Lift shoulders and upper back off floor



Reach for left foot

Execution:

- Slide left arm toward feet as far as you can without twisting torso.
- Now slide right arm toward feet as far as you can.
- Repeat.



Reach for right foot

4. Active Straight Leg Raise

Sets: 1 | Reps: 10

Preparation:

- Lay on your back, both limbs flat against surface

Execution:

- Raise your full limb off the surface with control



Limbs straight and flat



Raise full limb, keeping residual limb flat



Raise higher if you can do so with control

5. Hip Abduction Sidelying- Bottom Leg Bent

Sets: 1 | Reps: 10 | Tempo: slow

Preparation:

- Lie on side, bottom leg bent

Execution:

- Raise top leg from the hip
- Do not arch back



Lie on side



Raise top leg from the hip

6. Hip Flexion 90°

Sets: 1 | Reps: 10 | Tempo: slow

Preparation:

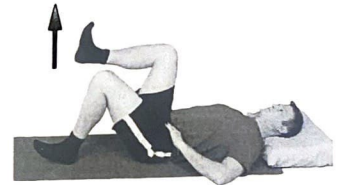
- Lie on your back with both knees bent.

Execution:

- Lift your knee up towards your chest only up to 90°.
- Lower back down to starting position with control.



Knees bent, feet flat on floor



Raise one hip to 90 degrees

7. Knee Extension Concentric (Roll)

Sets: 1 | Reps: 10 | Hold: 5 seconds

Preparation:

- Place a roll underneath your knee as shown

Execution:

- Straighten your knee
- Relax your knee back down to the start position



Knee supported



Straighten your knee

8. Hip Abduction + Extension Sidelying | Straight Leg

Sets: 1
Reps: 10

Preparation:

- Lie on your side with legs straight
- Place a rolled towel between your waist and the floor, directly above your hips
- Position your top hand on the top of your hip

Execution:

- Lift your top foot as high as you can
- At the top, bring your raised leg behind you as far as you can
- Return to the start position in reverse order



Start Position



Lift leg



Bring leg behind