

McGill Curl-up

- Lie on your back with one knee bent and the other leg straight. Place both hands under your lower back.
- Tighten your tummy and lift your head a few inches off the floor.
- Hold **5-10 seconds**, then return to the starting position.
- Perform **3 repetitions** with the **left leg** straight and **3 repetitions** with the **right leg** straight, at least **2 times per week**.
- Be sure to breathe normally throughout the exercise.



Side Plank

- Lie on your side with your knees bent. Prop yourself up on your forearm, keeping your elbow directly under your shoulder.
- Tighten your tummy and lift your hips up toward the ceiling. Be careful not to let your hips roll forward or backward.
- Hold **5-10 seconds**, then return to the starting position.
- Perform **3 repetitions on each side**, at least **2 times per week**.
- Be sure to breathe normally throughout the exercise.



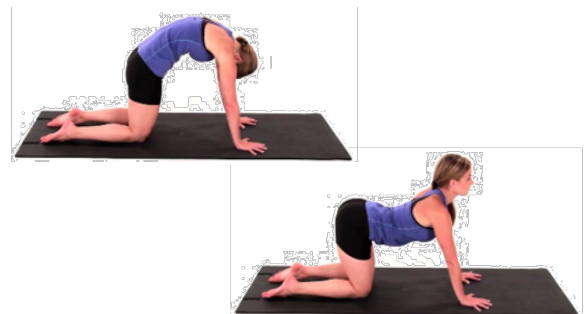
Bird Dog

- Begin on all fours, with your hands directly under your shoulders and knees directly under your hips.
- Try straightening one arm in front of you and the **OPPOSITE** leg behind you. If this is too hard, try straightening just the leg. Keep your back straight and tummy tight.
- Hold **5 seconds**, then switch arm/leg.
- Perform **3 repetitions on each side**, at least **2 times per week**.



Cat Cow

- Begin on all fours, with your hands directly under your shoulders and knees directly under your hips.
- Slowly round your back up toward the ceiling. Hold **5 seconds**.
- Then, slowly arch your back so that your tummy moves down toward the floor. Hold **5 seconds**.
- Perform **5 repetitions each**, at least **2 times per week**.



Lower Trunk Rotation

- Lie on your back with knees bent.
- Gently rotate both knees (and lower spine) to one side, keeping both shoulders flat on the surface you are lying on.
- Hold **20-30 seconds**.
- Perform **2-3 repetitions on each side**, at least **2 times per week**.

