

Perform every other day.



**1. Perform 2 sets of 15 leg raises per side.** Start in a side plank as shown, and raise and lower the top leg without moving your trunk. Keep your knee extended and toes pointed out. Rest 45 seconds between performing movements on each side.



**2. Perform this hold for 1.5 minutes on each side.** Extend your left leg behind you and raise your right hand forward and slightly to the side. Keep your torso parallel to the ground the entire time as you suck your belly button in. Rest 60 seconds between sets.



**3. Perform 2 sets of 20 side crunches per side.** Spread bottom foot forward, top foot backward and keep a slight bend in your knees as you lean over the ball as far as you can to the left and right. Perform all on one side, then the other, then rest 60 seconds.



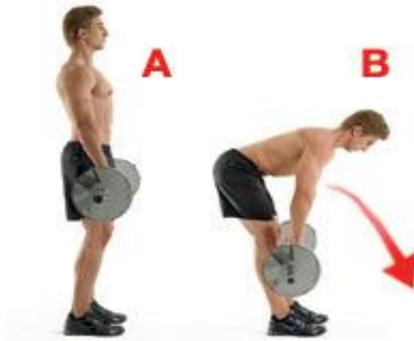
**4. Perform 1 set of 15 leg lifts per leg.** Start with the bent leg foot placed flat on the bench, not on the floor. Raise and lower the extended leg slowly keeping your tummy contracted so you don't arch your back further. Perform all repetitions on one leg, then the other.



5. Perform 2 sets of 15 repetitions. Start in a push up position but don't let your back arch. Keep abdominals contracted and pull the ball towards you as far as you can. Slowly extend again and rest 60 seconds between sets. Stop if you feel tension in your low back.



6. Perform 10 lunges to each side. Start by standing wide in the splits. Start by keeping one knee straight as you bend the other hip and knee backwards keeping your weight on the heel of the leg bending. Drop as low as you can without pain and then switch directions to the other leg and extend the other knee as you bend backwards and to the side with the other leg.



7. Perform 2 sets of 10 repetitions working up to 15 repetitions holding 5 lb dumbbells in each hand. Start by slightly bending your knees and keeping all of your weight on your heels. Stick your butt backwards as you hinge forward at your waist keeping your low back extended or arched. Lower yourself about 45 degrees forward so that all the force goes through the back of your legs, then squeeze your buttocks to stand up. Rest 60 seconds between sets.