

STEP 1



STEP 2



Seated Cervical Retraction

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

Setup

- Begin sitting in an upright position with your feet flat on the floor.

Movement

- Gently draw your chin in, while keeping your eyes fixed on something in front of you.

Tip

- Make sure that you do not look down as you do this exercise, or bend your neck forward.

STEP 1



STEP 2



Standard Plank

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

Setup

- Begin on all fours.

Movement

- Straighten your legs, moving your body into a plank position, with your feet together and your elbows directly underneath your shoulders. Hold this position.

Tip

- Make sure to keep your back straight and look straight down between your hands during the exercise.

STEP 1



STEP 2



Side Plank on Elbow

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

Setup

- Begin lying on your side with your feet stacked, resting on your elbow.

Movement

- Lift your hips off the floor so your body is in a straight line and your hips and shoulders are facing forward. Hold this position.

Tip

- Make sure to keep your head in line with your trunk, do not let your hips drop toward the floor, and do not roll forward or backward during the exercise.

STEP 1



STEP 2



Side Plank on Knees

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

Setup

- Begin lying on your side with your knees bent.

Movement

- Raise yourself into a side plank position with your elbow supporting upper body and knees bent. Maintain this position.

Tip

- Make sure to keep your trunk stiff. Do not let your hips roll forward, backward, or drop towards the floor.

STEP 1



STEP 2



Push Up

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

Setup

- Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

Movement

- Slowly lower your body to the ground then push yourself back up and repeat.

Tip

- Keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Upper Quarter Lateral Reach

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

Setup

- Begin on all fours with one hand in the middle of a Y shape on the floor.

Movement

- Raise yourself into a plank position, then reach along the line to your side as far as you can. Return to the starting position and repeat.

Tip

- Make sure to keep your back straight during the exercise and try not to let your body rotate to either side.