

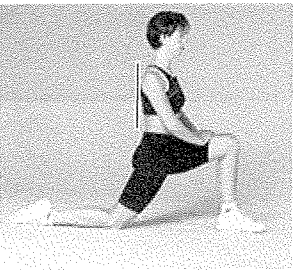
Notes:

**Lumbar Extension Full**

Lying on stomach with hands on floor at shoulder level. Slowly push upper body up off floor keeping pelvis in contact with floor. Keep buttocks relaxed and allow low back to 'sag'.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



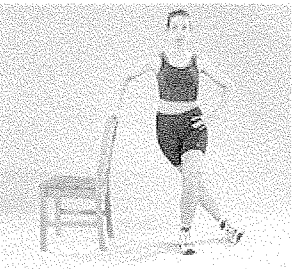
Notes:

**Hip Flexors / Low Lunge**

Down on one knee in a lunge position so that knees remain shoulder width apart, back toe is turned inward and shin is on the floor. Lunge position should be long enough so that the front knee should not bend past 90°. Keep upper body square and upright and gently tuck pelvis under to feel a stretch in the front of the hip and thigh.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



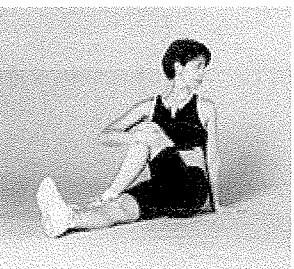
Notes:

**TFL - Standing**

Stand approximately 2 feet from a wall with one hip facing the wall (or chair for support). Cross foot furthest from wall over in front of opposite foot. Bend the knee of the leg that is in front, and keep the back leg straight. Lean hip into wall, and lean upper body away to feel a stretch in the side of the hip closest to the wall.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

**Seated Rot. / Knee Across Chest**

Sitting tall, legs out in front. Cross one foot over the opposite leg and hug bent knee toward chest while turning upper body. Maintain tall posture as you turn to feel a stretch across the hip and low back.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31