

STEP 1



STEP 2



Cat-Camel

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees.

Movement

Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat.

Tip

Make sure to use your entire back for the motion and keep your movements slow and controlled.

STEP 1



STEP 2



Superman on Table

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Lie face down on a bed or comfortable surface with your head slightly hanging over the edge, and arms at your sides.

Movement

With your chin tucked, lift your head away from the floor until your back is straight. At the same time, draw your shoulder blades down and towards the middle of your back and raise your arms a few inches off the surface of the bed.

Tip

Make sure to keep your chin tucked and do not turn or rotate your head.

STEP 1



STEP 2



STEP 3



Modified Push Up on Knees with Thoracic Arch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin on all fours with your hands shoulder-width apart.

Movement

Keeping your shoulders over your hands, bend your elbows to lower your body toward the ground, then push yourself back. At the top of the movement, arch your back upward, then repeat.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Quadruped Thoracic Rotation - Reach Under

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin on all fours.

Movement

Slowly reach one arm under your trunk, allowing your upper body to rotate toward that side.

Tip

Make sure to keep your hips level during the exercise.

STEP 1



STEP 2



STEP 3



Scorpion

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying on your front with your arms out to your sides and your legs straight.

Movement

Bend your knee and slowly lift your right foot up and across toward your left arm. Hold briefly, then return to the starting position and repeat with the other leg.

Tip

Make sure your chest stays flat on the floor and only move in a comfortable range.

STEP 1



STEP 2



Prone Chest Lift with Arms Overhead

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying face down with your arms resting on the floor overhead.

Movement

Lift your arms and chest off the ground, hold briefly, then slowly lower yourself back down and repeat.

Tip

Make sure to keep your feet on the floor and keep your movements controlled.

STEP 1



STEP 2



Long Sitting Roll Back

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a seated position on the floor with both legs straight out in front of you and your hands resting on your thighs.

Movement

Keeping your back straight, bend both knees and grasp the backs of your legs with your hands. Slowly allow your back to round, and then bring yourself back to a straight back position.

Tip

This exercise should be performed slowly. Do not let your body rock from side to side.

STEP 1



STEP 2



STEP 3



Oblique Roll Back

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting upright with your knees bent, feet resting flat on the floor, and your arms straight forward at shoulder height.

Movement

Exhale as you slowly roll back off of your sit bones, rotating your torso and sweeping one hand out to your side, following your hand with your eyes. Inhale as you return to the starting position and repeat on the opposite side.

Tip

Make sure to keep your abdominals engaged to control the movement during the exercise. Avoid excess tension in your neck or arching your back. Try to synchronize your breath with the movement.

STEP 1



STEP 2



Supine Thoracic Extension on Swiss Ball

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying with your upper back resting on a swiss ball, your hands behind your neck, and your knees bent.

Movement

Let your upper back relax over the ball supporting your neck with your hands. Hold then return to the starting position and repeat.

Tip

Make sure to continue breathing evenly and keep your back and neck relaxed during the exercise.

STEP 1



STEP 2



Prone Back Extension on Swiss Ball - Arms Across Chest

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying on your front with your trunk resting on a swiss ball and your arms crossed on your chest. Position your feet shoulder width apart.

Movement

Lift your upper body off the swiss ball, keeping your arms crossed, then slowly lower back down and repeat.

Tip

Make sure to keep your balance and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



Prone Back Extension on Swiss Ball - Hands Behind Head

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying on your front with your trunk resting on a swiss ball and your hands placed behind your head. Position your feet shoulder width apart.

Movement

Lift your upper body off the swiss ball, keeping your hands resting behind your head, then slowly lower back down and repeat.

Tip

Make sure to keep your balance and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



Prone Back Extension on Swiss Ball - Hands Overhead

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying on your front with your trunk resting on a swiss ball and arms straight overhead. Position your feet shoulder width apart.

Movement

Lift your arms and upper body up, keeping your arms straight overhead, then slowly lower back down and repeat.

Tip

Make sure to keep your balance and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



Bridge with Upper Back on Swiss Ball

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting on a ball with your feet on the floor.

Movement

Walk your feet out away from the ball so that you are in a bridge position with your hips and shoulders parallel to the floor. Maintain this position.

Tip

Make sure to your hips stay level as you roll out on the ball, and keep your abdominals tight throughout the exercise.

STEP 1



STEP 2



STEP 3



Trunk Rotation at Wall with Ball

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a standing upright position in front of a wall, holding a weighted ball out.

Movement

Keeping your arms straight, slowly rotate your trunk to one side reaching the ball toward the wall. Return to the starting position and repeat to the other side.

Tip

Make sure to keep your movements slow and controlled during the exercise, and keep your feet stationary.

STEP 1



STEP 2



Half Kneeling Diagonal Chops with Medicine Ball

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a half-kneeling position, holding a medicine ball with both hands up to one side of your body.

Movement

Slowly pull the ball down and across your body in a diagonal movement, rotating your trunk, then return to starting position and repeat.

Tip

Make sure to keep your arms straight at the top and bottom of the movement, and activate your core muscles as you rotate your trunk.

STEP 1



STEP 2



Standing Diagonal Chops with Medicine Ball

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a standing upright position, holding a weighted medicine ball in both hands up to one side of your body.

Movement

Slowly pull the ball down and across your body in a diagonal movement, rotating your trunk, then return to starting position and repeat.

Tip

At the top of the movement, make sure to have your arms straight, and activate your core muscles as you rotate.

STEP 1



STEP 2



STEP 3



Supine 90/90 Upper and Lower Body Twist with Medicine Ball

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3

Setup

Lie on your back with your knees bent and a ball positioned between your legs, holding a weighted ball in one hand. Lift your legs off the ground to form a 90 degree angle, and hold the weighted ball toward the ceiling. Your other arm should be laying directly out to the side.

Movement

Keeping your trunk stiff, slowly lower your knees to one side while lowering your arm with the weighted ball to the opposite side, then return to the starting position.

Tip

Only go as far as you can without arching your back, and maintain a gentle chin tuck throughout the exercise.