

Advanced Performance & Rehabilitation Services Physical Therapy & Athletic Training Services



STRAIGHT LEG BRIDGE



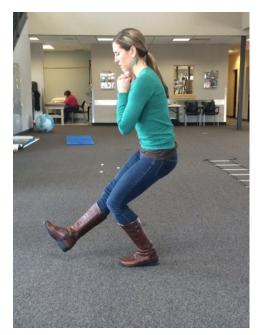
BENT LEG BRIDGE



BRIDGE WITH HAMSTRING CURL



PLANK



SINGLE LEG SQUAT (KEEP GOOD STRAIGHT KNEE ALIGNMENT)

PERFORM ALL EXERCISES 2 X 15 EACH EVERY DAY (PLANK, GOAL TO HOLD 1 MINUTE X 3 REPS)

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