

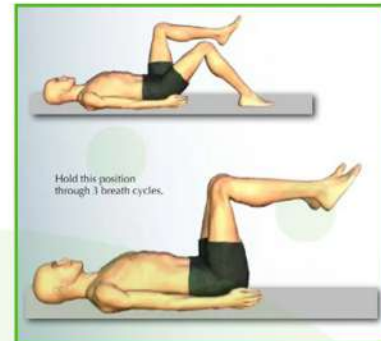
BACK & CORE STRENGTHENING

EXERCISE 1 — TABLETOP

Lie on your back with your knee bent and feet flat on the floor. then raise one leg at a time in the air, with your knees bent 90 degrees.

Hold this position through 3 full breaths (a deep inhale and full exhale). each time you exhale, increase the tension in your abdominals. maintain this tension throughout the exercise to protect your back.

Repeat 3-6 times
3 full breath cycles each time

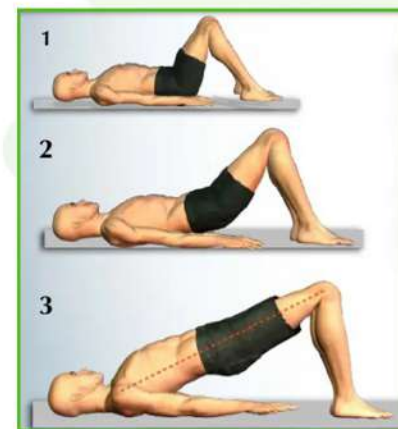


EXERCISE 2 — BRIDGING

Lie down with your feet at hip width and your heels spaced comfortably from your bottom as shown. Roll your hips back so that they lift up from the mat, and continue the movement up the spine, lifting your bottom and then one vertebra at a time from your exercise mat.

Continue lifting your bottom upward until there is a straight line from your shoulders to your knees. Hold this position. To help straighten your back 100%, think of reaching your knees forward past your ankles, and also push your arms down into your mat.

Repeat 3-5 times.
Hold (#3) for 8-12 seconds each time.

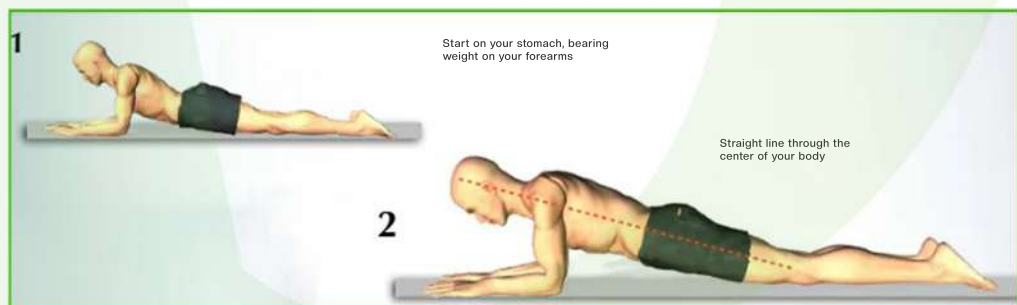


EXERCISE 3 — FOREARM PLANK

Step 1: Lying on your stomach, rest on your forearms with your elbows directly under your shoulders.

Step 2: Press down on your elbows until your shoulder blades are spaced wide on your back (instead of being pinched together). Straighten your upper back if it rounds when you do this. Brace or tighten your abdominals to lift your waist off the floor. The end goal is to form a straight line from the top of your head to your knees. Check in a mirror or have a workout partner take a look. Hold this position 10-15 seconds, then lower your waist to the floor, rest and repeat.

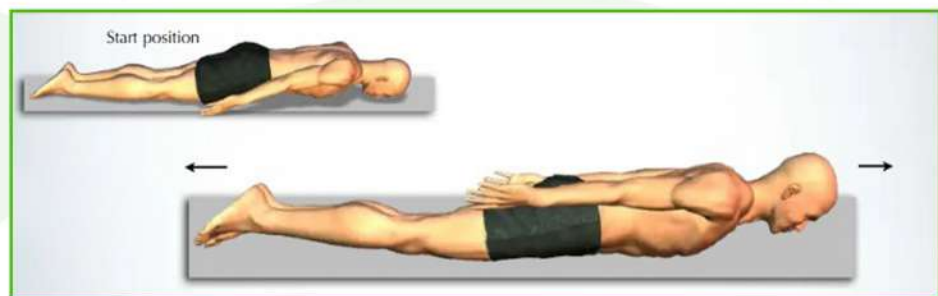
Repeat 3-5 times.
Hold for 8-12 seconds each time.



EXERCISE 4 — THE DART

Lie on your stomach with your arms at your sides. Reach the top of your head and the soles of your feet in opposite directions until your upper body, knees and feet are off the floor. Reach your fingertips toward your heels, pulling your shoulder blades down away from your ears. Keep your arms as straight as possible and then squeeze your shoulder blades together. Don't rest your arms against your sides. Instead, think of reaching toward your toes. Keep the back of your neck long so that the top of your head points forward.

Repeat 3-5 times.
Hold for 8-12 seconds each time.



EXERCISE 5 — SIDE DART

Lie on your side with your top arm resting on your side and your bottom arm supporting your head. Then tighten your abdominals and reach the top of your head and your feet in opposite directions until your head, knees and feet are off the floor. (Straighten your bottom arm as you do this.) Reach the fingertips of your top arm toward your heels, so that you pull your shoulder blade down & away from your ear. Keep the back of your neck long rather than tilting your head back.

Repeat 3-5 times.
Hold for 8-12 seconds each time.



DISCLAIMER

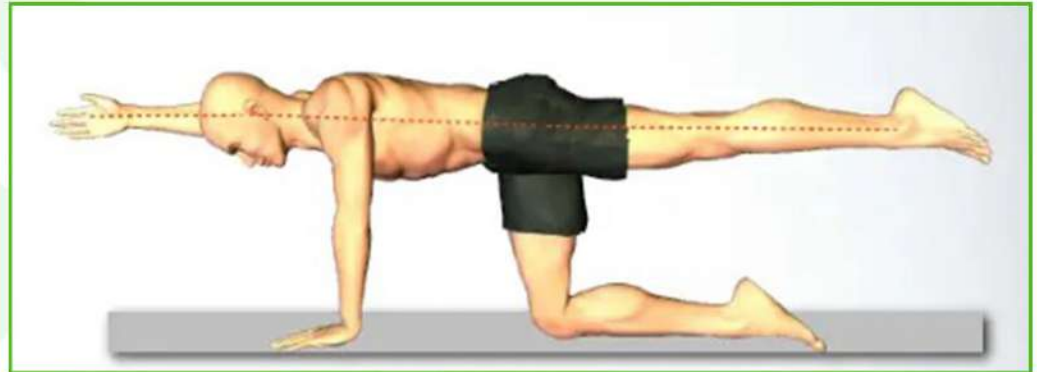
These exercises are meant for general elbow rehabilitation and strengthening. Always perform them slowly, with proper form, and begin with light resistance. Stop immediately if you feel sharp pain, discomfort, or swelling. For safe and effective recovery, consult a physiotherapist or healthcare professional before starting, especially if you have an injury or medical condition.

EXERCISE 6 — AIRPLANING

From hands and knees position, extend your L leg behind you. Straighten your knee and hold your leg straight out from your hip. Hold your trunk steady as if there was a cup of coffee balancing on your back.

Hold your L leg up as you reach your R arm forward, maintaining a steady trunk. Hold 3-4 seconds and reach as far as you are able with your L leg and your R foot. Lower your arm and leg and repeat, raising your arm and leg at the same time.

4 - 6 reps each side
3 - 5 second hold at the top



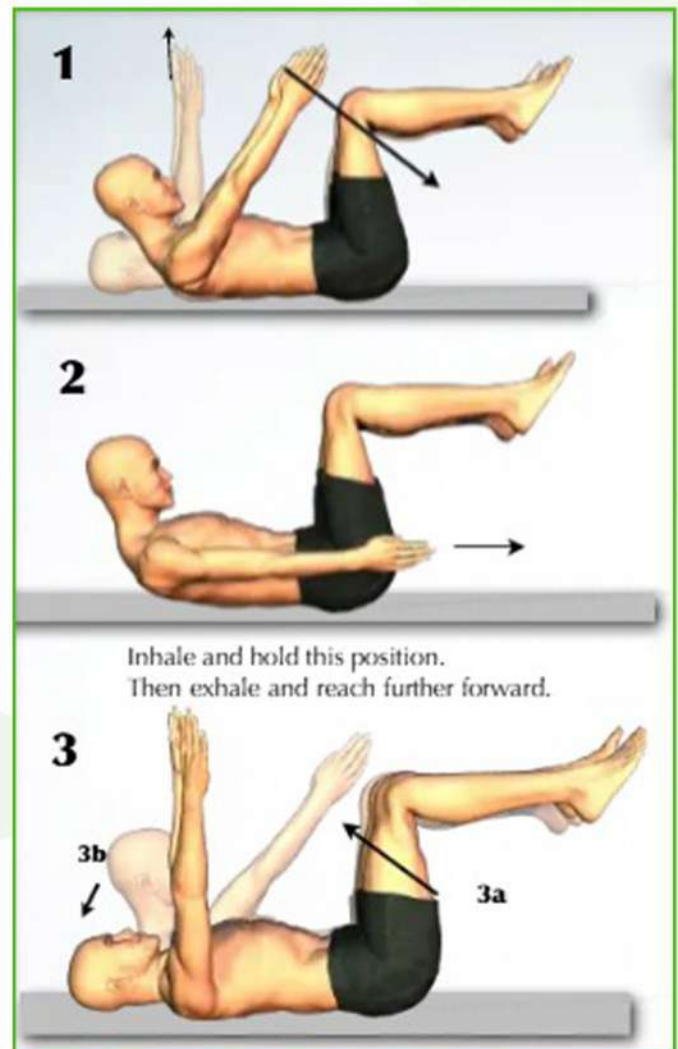
EXERCISE 7 — PILATES CRUNCHES

Step 1: From the start position (see above), reach your fingertips straight up, as high as you can. Then, maintaining straight arms, curl forward into the crunch position until your shoulders are off the floor.

Step 2: Inhale and hold this position, reaching past your thighs. Exhale, holding the 'crunch' and reach your arms further forward.

Step 3: Inhale, reaching for the ceiling again, then gradually lower to the start position.

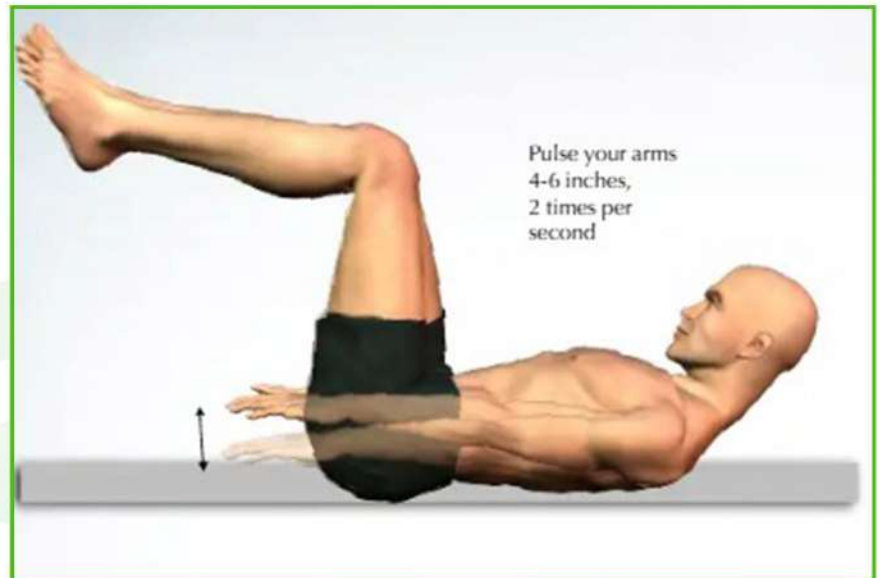
Repeat 4-8 times



EXERCISE 8 — THE 100

Start on your back in the Tabletop position: legs in the air and knees bent 90 degrees. Begin the exercise as in Pilates Crunches (p. 11). Reach forward past your thighs as you curl your upper body off the floor.

Exercise movement: With palms facing down, pulse your arms toward the floor and back up 2 times per second, holding still in the crunch position. Pulse height is about 4-6 inches. Keep your arms straight throughout the exercise.



Increase the difficulty level by straightening your legs. try the first half of the pluses with straight legs. You can finish with bent knees (as shown above) if you get too fatigued.



Squeezing a pillow between your ankles will also increase the challenge to your core muscles.

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BACK & CORE TRAINING SCHEDULE

	Week 1	Moderate to Vigorous effort	Week 4		Week 5	Vigorous to Hard effort	Week 8
#1 Tabletop	3 reps with 3 full breaths	6 reps with 3 full breaths	Wall Marching	15 reps (L+R)	25 reps (L+R)		
#2 The Dart	8 sec x 3	12 sec x 5	Double Scissors	12 reps	20 reps		
#3 Forearm Plank	8 sec x 3	12 sec x 5	Forearm Plank on Toes	8 sec x 3	12 sec x 5		
#4 Side Dart	8 sec x 3	12 sec x 5	SD with flutter kicks	15 reps (L+R)	25 reps (L+R)		
#5 Airplaning	4 reps (L+R) x 3 sec	6 reps (L+R) x 4 sec	Airplaning with elbow to knee	4 reps (L+R) x 3 sec	6 reps (L+R) x 4 sec		
#6 Pilates Crunches	4 reps	8 reps	PC with leg extensions	5 reps	8 reps		
#7 Bridging	8 sec x 3	12 sec x 5	Single Leg Bridge	5 sec x 4 reps (L+R)	5 sec x 8 reps (L+R)		

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