

Core Strength exercises from Physical Therapist;

do leg lifts for 12 repps;  
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10 Stomach muscle contractions hold for 5 seconds each;

relax 2, tighten;  
hush for 5 seconds;  
relax 3, tighten;  
hush for 5 seconds;  
relax 4, tighten;  
hush for 5 seconds;  
relax 5, tighten;  
hush for 5 seconds;  
relax 6, tighten;  
hush for 5 seconds;  
relax 7, tighten;  
hush for 5 seconds;  
relax 8, tighten;  
hush for 5 seconds;  
relax 9, tighten;  
hush for 5 seconds;

Do Ball Rolls while lying on floor for 10 repps, be sure to keep the spine neutral;

Do Ball Rolls while lying on floor for 10 repps;

Do Ball Rolls while lying on floor for 10 repps;

Do Ball Arm Lifts, while keeping shoulder blades down and back for 10 repps;

Do Ball Arm Lifts, for 10 repps;

Do Ball Arm Lifts, for 10 repps;

do ball bridge lifts with arms raised for 10 repps;

do ball bridge lifts with arms raised for 10 repps;

do ball bridge lifts with arms raised for 10 repps;

do figure 4 stretch with ball for 30 seconds with right leg;

do figure 4 stretch with ball for 30 seconds with left leg;

do figure 4 stretch with ball for 30 seconds with right leg;

do figure 4 stretch with ball for 30 seconds with left leg;

do figure 4 stretch with ball for 30 seconds with right leg;

do figure 4 stretch with ball for 30 seconds with left leg;

Do figure 4 stretch with knee to opposite shoulder for 30 seconds with right leg;

Do figure 4 stretch with knee to opposite shoulder for 30 seconds with left leg;

Do figure 4 stretch with knee to opposite shoulder for 30 seconds with right leg;

Do figure 4 stretch with knee to opposite shoulder for 30 seconds with left leg;

Do figure 4 stretch with knee to opposite shoulder for 30 seconds with right leg;

Do figure 4 stretch with knee to opposite shoulder for 30 seconds with left leg;

Do right ham stretch for 30 seconds;

Do left ham stretch for 30 seconds;

Do right ham stretch for 30 seconds;

Do left ham stretch for 30 seconds;

Do right ham stretch for 30 seconds;

Do left ham stretch for 30 seconds;