

1: - Heel Raises Standing (Bilateral)



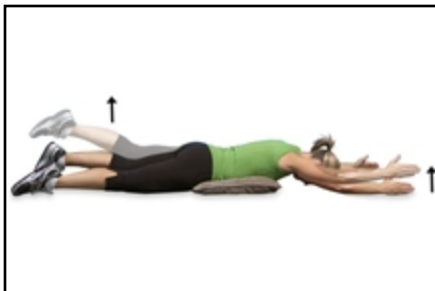
- Stand with good posture
- Slowly raise heels off ground
- Repeat as instructed

2: - Wall Slide



- Stand with feet shoulder width apart, back flat against wall
- Slowly lower body to 90 degree knee angle, then return to standing
- Repeat as instructed

3: 144 - Alternating Arm/Leg Lift in Prone



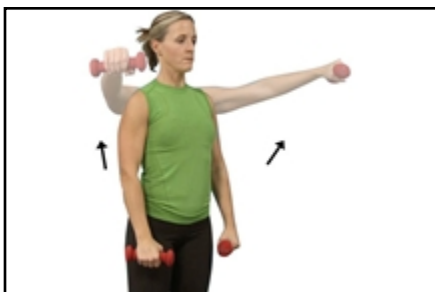
- Lie on stomach with pillow under hips
- Straighten both arms overhead
- Slowly lift arm and opposite leg
- Return to starting position
- Repeat with opposite side

4: - Abdominal Crunch with Crossed Arms



- Lie on back with knees bent and arms crossed over chest
- Tighten stomach muscles, lifting head and upper back off of surface

5: - Shoulder Dumbbell Raises -- Scaption Plane



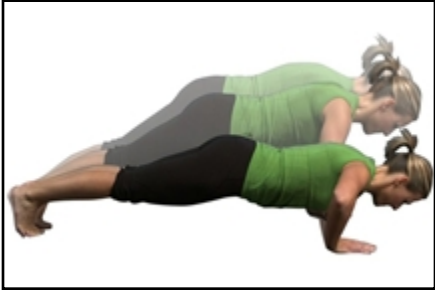
- Holding dumbbells (or similar objects), raise arms slightly out to your side up to shoulder height
- Keep arms straight and palms down throughout the motion
- Repeat as instructed

6: - Row Unilateral with Hip Hinge



- Bend forward with one arm hanging down, keeping spine straight
- Pull elbow toward ceiling and squeeze shoulder blade inward
- Repeat as instructed

7: - Push Up Plus



- Do push up, keeping spine straight
- At the top of push-up, round out your upper back (hollow out your chest)
- Repeat as instructed