

## PHASE 1 CORE STRENGTHENING



- Raise leg approx. 8 -12 inches
- Hold leg for **12 seconds**
- Repeat each leg **10 reps**



- Raise leg approx 8-12 inches
- Hold each leg for **12 seconds**
- **5 reps** of toes pointed to wall
- **5 reps** of toes pointed to ceiling
- Repeat on both legs



- Start with knees bent
- Lift buttock up off of ground
- Hold position for **12 seconds**
- Repeat **10 reps**

DO ALL EXERCISES \_\_\_\_\_ TIMES PER DAY

### DURING ALL EXERCISES

- If you feel pain, discontinue immediately
- Remember to keep breathing during exercises
- Drink extra water