

Day 1

15 to 20 reps of each

With physio ball or a light weight

Their cat

A bag of 10# potatoes

1. Standing squat with physio ball
2. Reverse lunge with truck rotation.  
L side. R side
3. Bent over leg abduction  
Keep back flat. No rotation of hips.
4. Front raise ball.  
Ball in front lift up with firm arms.  
Core tight
5. Cobra if no ball lay on floor  
Foot stool with padding.
6. Crunches with legs on ball  
Low back flat
7. V crunch with rotation of trunk  
L and R.
8. Gluteal lift  
Legs firm and squeeze your  
Bottom and raise hip up to a  
Plank
9. Roll away. With physio ball  
If no ball.....put your hands in  
Socks. Find a hard wood floor  
Or a surface that is smooth.  
Knees should be on a Matt.  
Start with hands palm down  
And slide out to a Plank and pull  
back to starting position.
10. Rest in child's pose.