

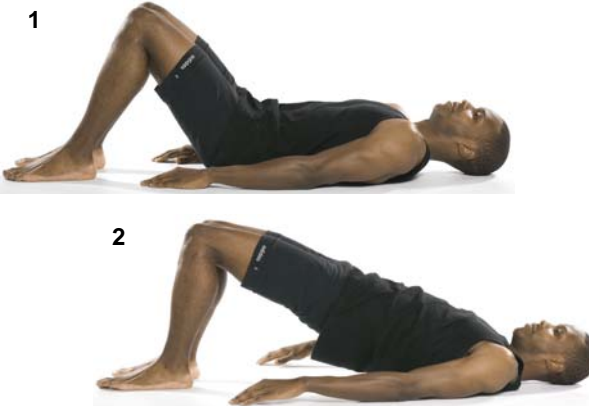
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### Knee Rolls

- 1) Lie on your back, knees bent, feet flat, arms by your sides.
- 2) Roll your legs slowly from one side and then to the other, keeping your head still and your shoulders flat on the ground.
- 3) Repeat 10 - 20 times

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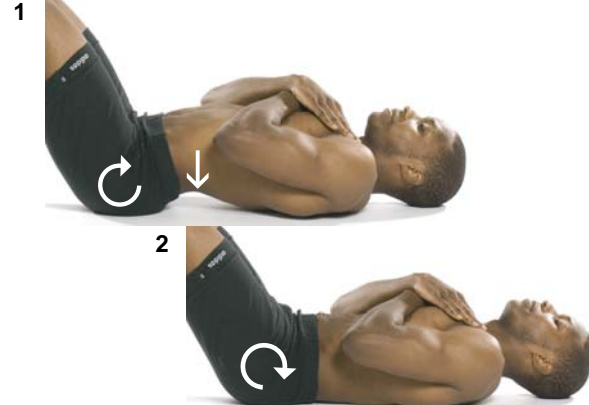
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### Hip Raise

- 1) Lie on your back, knees bent, feet flat, arms by your sides.
- 2) Lift your buttocks up in the air as high as is comfortable, hold for a count of five and then lower slowly back to the start position
- 3) Repeat 10 - 20 times

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### Pelvic Tilts

- 1) Lie on back, knees bent, feet flat and arms on chest, your lower back arched and relaxed .
- 2) Pulling your abdomen (stomach) in, roll your pelvis back so that your lower back is flat against the floor/bed. Hold for 5 sec. and relax.
- 3) Repeat 10 - 20 times




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### Hip Flexion Lower Back Stretch

- 1) Lying on your back head and shoulders raised, hold the back of your thighs.
- 2) Gently flex the hips, pulling the thighs towards the chest and stretching the lower back, Hold for 5 sec. then lower legs, keeping knees bent.
- 3) Repeat 10 - 20 times

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### Basic Abdominal Curl

- 1) Lie on your back, knees bent, feet flat, arms by your sides.
- 2) Gradually lift your head and curl it together with your shoulders forward towards your thighs. Hold for 5 sec. then slowly lower back to floor.
- 3) Repeat 10 - 20 times


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### Prone Lower Back Extension (Sphinx)

- 1) Lie face down flat with arms bent and hands at side of head.
- 2) Pushing yourself up, use your arms to lift your head and upper torso until your arms are fully straightened but your hips are flat on the floor. Hold for 5 sec. Then slowly lower back to floor.
- 3) Repeat 10 - 20 times


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### Prone Head & Shoulder Raise

- 1) Lie face down flat on the floor with your arms at your side
- 2) Lift your head and shoulders as high as you can (without forcing the movement) off the floor. Hold for 3 sec. Then slowly lower your upper body back down to floor.
- 3) Repeat 10 - 20 times

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### Prone Leg Raise

- 1) Lie face down flat on the floor with your arms at your side
- 2) Lift both legs straight up a few inches (or as high as you can), off the floor. Hold for 3 sec. Then slowly lower back to floor.
- 3) Repeat 10 - 20 times

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