CHOPS

secure band with door jam strap
start with body squared, legs hip width apart, both hands on band
using torso, twist downward in a diagonal motion
slowly return to start position
do 2 sets of 15-20 reps, both sides
* make sure to use torso for this exercise, not just the arms
LIFTS

secure band with door jam strap
start with body squared, legs hip width apart, both hands on band
using torso, twist upward in a diagonal motion
slowly return to start position
do 2 sets of 15-20 reps, both sides

* make sure to use torso for this exercise, not just the arms

Performance Physical Therapy & Fitness Center
PLANK

lying face down, elbows positioned directly under shoulders
holding body strong, lift up to rest on toes and elbows
hold for 10-30 seconds, do not hold breath
return to start position
repeat 3-5 times
*to make this more challenging, hold position for up to 1 minute

Performance Physical Therapy &
Fitness Center
SIDES PLANKS

lying on side, elbow positioned directly under shoulder
holding body strong, lift hips so body in line (shoulders, hips, knees, ankles)
hold for 10-30 seconds, do not hold breath
return to start position
repeat 3-5 times on each side
*to make this more challenging, hold position for up to 1 minute

Performance Physical Therapy &
Fitness Center
TRUNK TWIST

Lying on back, knees bent at 90 degrees, arms to sides, strong abs/back
keeping knees together, drop both legs to one side in a slow and controlled manner
return to start then repeat on opposite side
do 2 sets of 10-15 on each side
*try not to use arms for balance, do not hold breath

Performance Physical Therapy &
Fitness Center
TRUNK TWIST (advanced)

Lying on back, knees bent at 90 degree angle, arms over head holding weight, strong abs/back keeping knees together, drop both legs to one side in a slow and controlled manner while dropping arms to opposite side return to start then repeat on opposite side do 2 sets of 10-15 on each side

* do this slow and controlled, do not hold breath

Performance Physical Therapy & Fitness Center
SINGLE LEG REACH

lying on back, knees bent at 90 degrees, arms to side while keeping back flat, abs strong, reach outward with one leg while exhaling
slowly return to start, inhale
repeat with other leg
do 2 sets of 10-15 on each side
* do this slow and controlled, do not hold breath
SINGLE LEG EXTENSION

Lying on stomach, arms to side for comfort, roll a towel to rest forehead. Keeping abs strong, and legs straight, lift one leg slowly making sure not to lift hips off surface. Slowly return to start, repeat on other side. Do 2 sets of 10-15 on each side. *Do this slow and controlled, do not hold breath.

Performance Physical Therapy & Fitness Center
SUPERMAN

lying on stomach, arms straight out to sides
simultaneously lift arms and legs
slowly lower to start position
do 2 sets of 10-15
* do this slow and controlled, do not hold breath