

Core – Sagittal

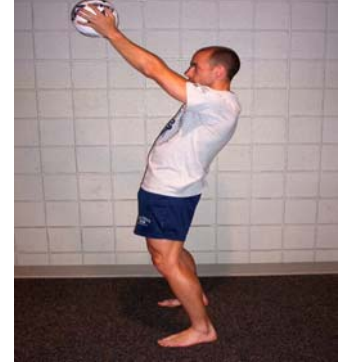
□ **Level One** - Continue exercise _____



Hips to wall



(1)



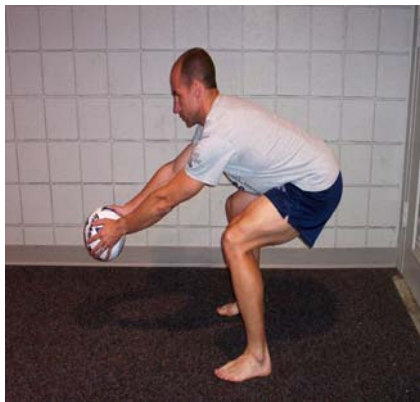
(2)

Starting Position: Stand with feet slightly more than shoulders' width apart, and knees and hips are relaxed and **slightly** bent.

- (1) Bend forward at the hips, knees and ankles pushing back at the hip region. Your hands will reach forward below your knees.
- (2) Stand upright and bend to backward position, reaching up and forward above your head. Knees should remain slightly bent and hips should be pushed forward.

Repeat ___ times, ___ sets, ___ times/day

□ **Level Two** – Begin exercise _____



(1)



(2)

Starting Position: Stand with feet slightly more than shoulders' width apart, and knees and hips are relaxed and **slightly** bent.

- (1) Bend forward at the hips, knees and ankles pushing back at the hip region. Your hands will reach forward below your knees.
- (2) Stand upright and bend to backward position, reaching up and back behind your head. Knees should remain slightly bent and hips should be pushed forward.

Repeat ___ times, ___ sets, ___ times/day

Additional Instructions: _____
