

Core – Transverse

Level One - Continue exercise _____



Starting Position: Hands on hips, feet pointed forward and slightly more than shoulders' width apart, and knees slightly bent.

Rotate your hips and shoulders together to one side. Allow your knee on the side opposite of the direction of motion to bend and move inward. Repeat to the opposite side.

Repeat ____ times, ____ sets, ____ times/day

Level Two – Begin exercise _____



Starting Position: Feet pointed forward and slightly more than shoulders' width apart, and knees slightly bent.

Rotate your hips and shoulders together to one side, reaching your arm across your body. Pivot on foot opposite of the direction of motion. Repeat to the opposite side.

Repeat ____ times, ____ sets, ____ times/day

Additional Instructions: _____