



Advanced Performance & Rehabilitation Services

Physical Therapy & Athletic Training Services



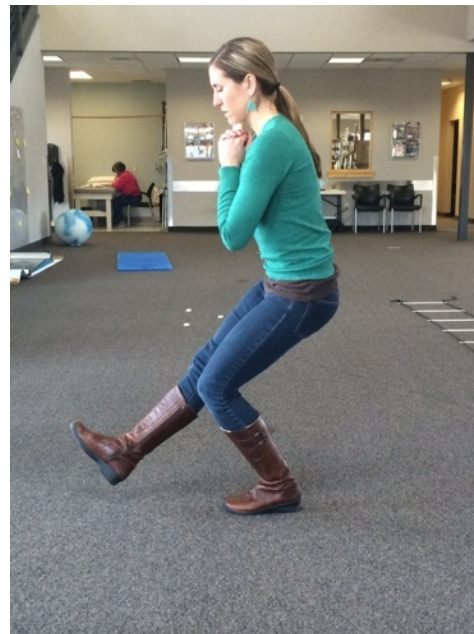
STRAIGHT LEG BRIDGE



PLANK



BENT LEG BRIDGE



SINGLE LEG SQUAT (KEEP GOOD STRAIGHT KNEE ALIGNMENT)



BRIDGE WITH HAMSTRING CURL

PERFORM ALL EXERCISES 2 X 15 EACH EVERY DAY (PLANK, GOAL TO HOLD 1 MINUTE X 3 REPS)