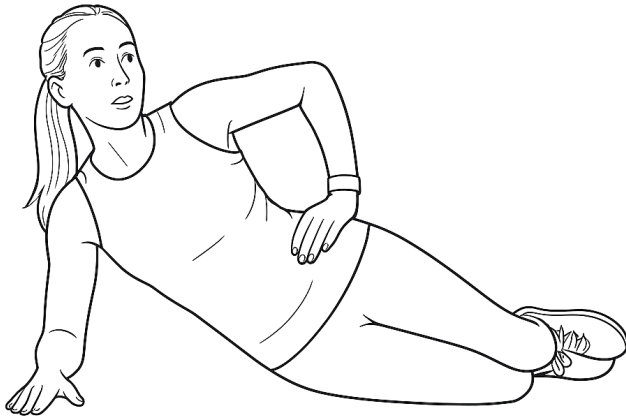
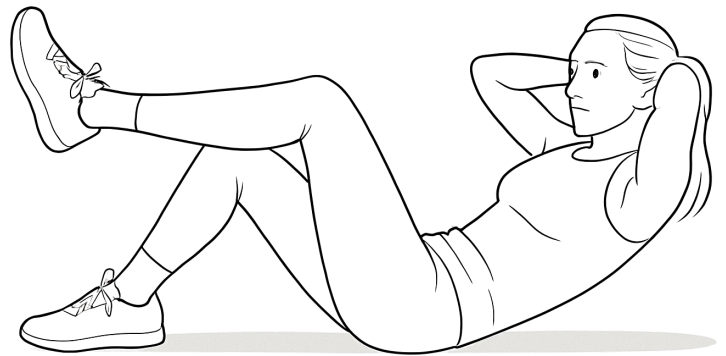


Modified Side Plank



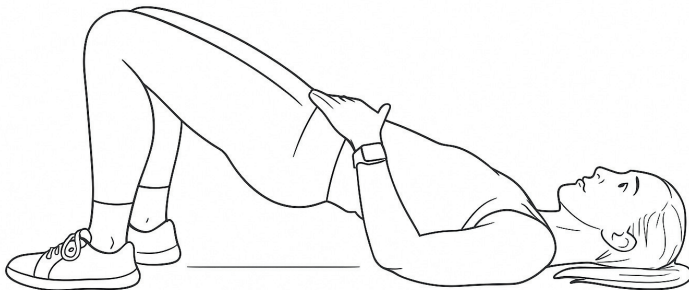
30 seconds, do 3 x - build to a minute

Modified Situp



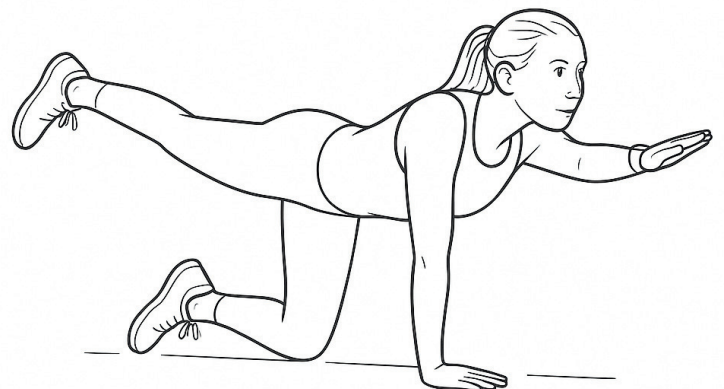
Do 10 on each side, 3 x

Glute Bridge



10 reps, 3 x

Bird Dog



10 on each side, 3 x

Visit the link below for video demonstration of exercises:

WWW.CORECHIROPRACTIC.NET/CORE4

