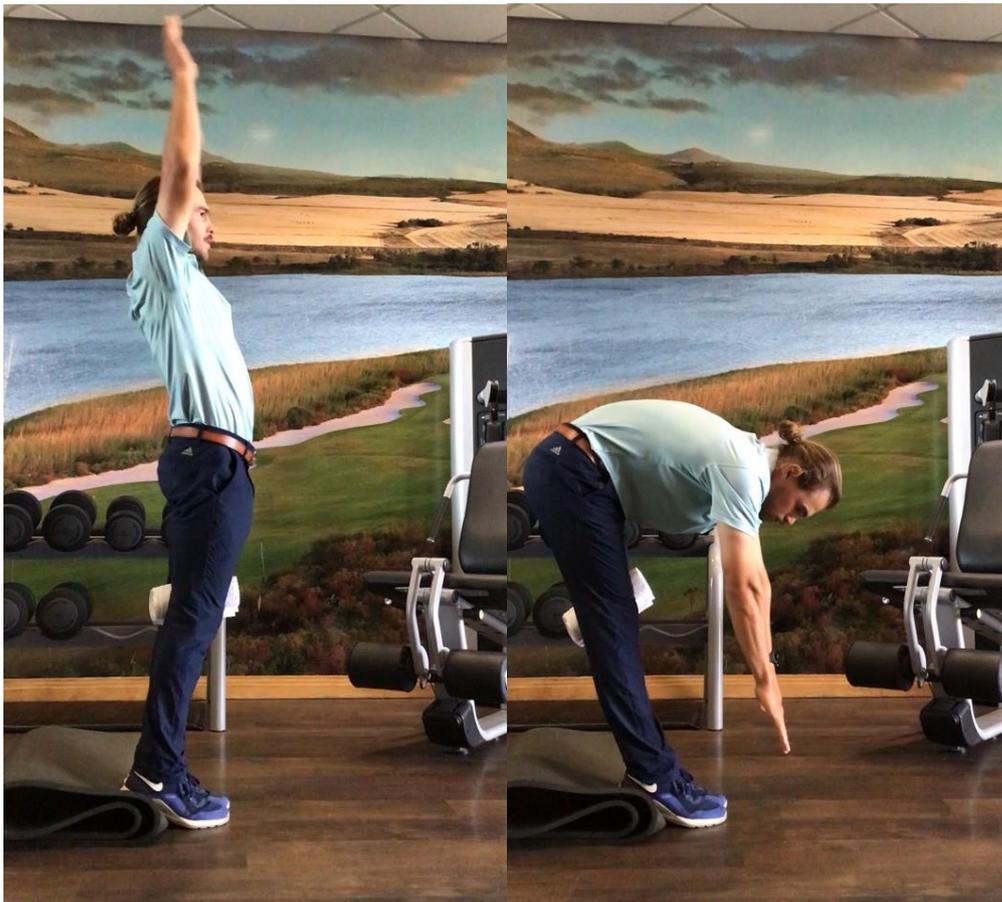


1) Toe touch Heels up

Start in the standing position with your heels on a folded mat or towel. We fold the mat/towel double to increase the incline from your toes to your heels. Place a pillow/towel between your knees and keep the pressure on it (this will keep the legs straight through the exercise)

The start position is with your arms extended over your head and then by pushing the hips back slowly fold forward and try to touch your toes without bending the legs.

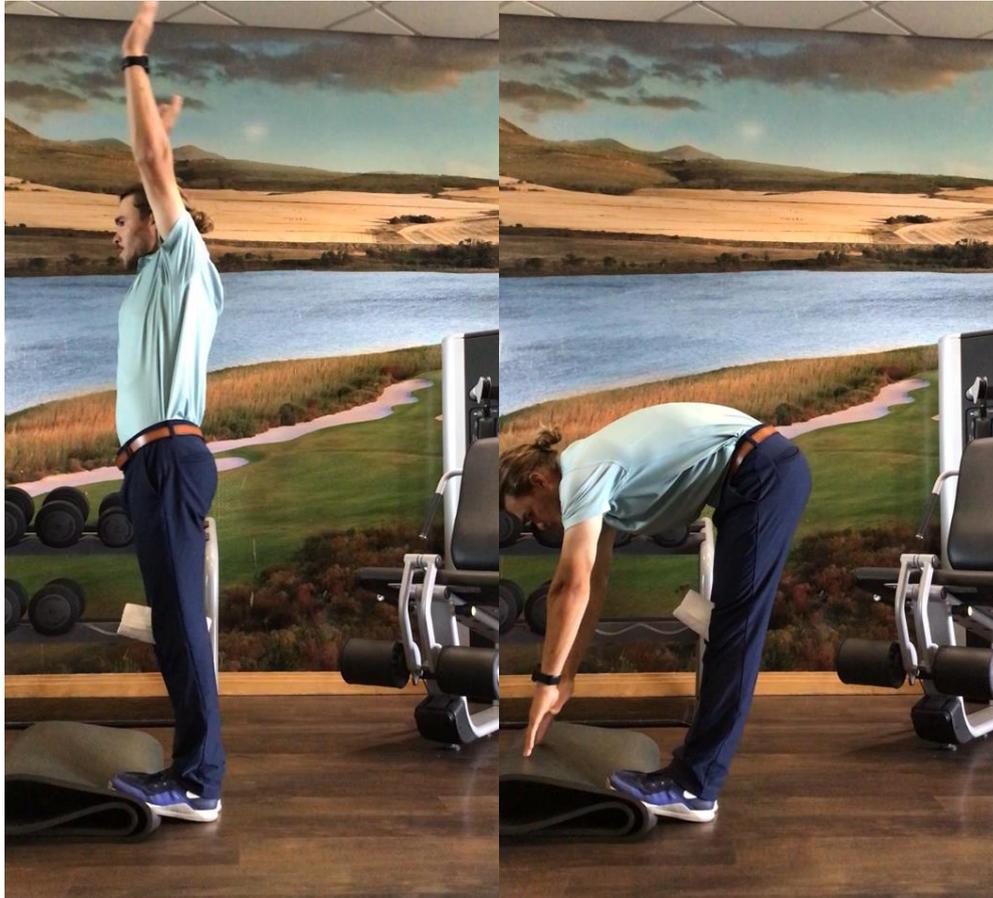
You can do 10 repetitions of this movement.



2) Toe Touch Toes up

Start in a standing position with your toes on a folded mat/towel with your heels on the ground. Extend your arms over your head and slowly fold forward by getting the hips back and hands towards the ground. Again it is important to keep the legs straight.

You can do 10 slow repetitions of this movement.



3) Reverse Toe Touches

Start by getting your feet wider than your hips and your feet flared open. Slowly go down in a squat position and grab hold of your toes. Keep holding your toes while trying to lift your butt up and straightening your legs.

You probably won't be able to get the legs 100% straight but strive towards this without pushing too hard.

8 – 10 repetitions will do



4) Curl-ups – Supine with pattern assistance

Lay on your back with your legs extended out and your heels anchored at the bottom of the cable machine. Put the machine on a medium weight and grab the pulley. As you go down with the pulley in both hands get to the start position with your back flat on the mat and legs straight and heels anchored. slowly curl-up, trying to move each vertebrae one at a time starting from your neck, moving all the way down to your lower back. Slowly return back down and repeat.

