



### Supine Heel Slide

REPS: 10 | SETS: 3 | DAILY: 2 | WEEKLY: 7

#### Setup

Begin lying on your back with your legs straight.

#### Movement

Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

#### Tip

Make sure not to arch your low back or twist your body as you move your leg.



### Supine March

REPS: 10 | SETS: 3 | DAILY: 2 | WEEKLY: 7

#### Setup

Begin lying on your back with your knees bent and hands resting on the bottom of your ribs.

#### Movement

Tighten your stomach muscles, then slowly lift one foot off the ground. Lower it back down, then repeat with your other leg.

#### Tip

Make sure to continue breathing evenly and try to keep your pelvis as still as possible.



### Sidelying Hip Abduction

REPS: 10 | SETS: 3 | HOLD: 2 | DAILY: 2 | WEEKLY: 7

#### Setup

Begin by lying on your side.

#### Movement

Slowly lift your upper leg towards the ceiling then lower it back to the starting position.

#### Tip

Make sure to keep your knee straight and do not let your hips roll backward or forward during the exercise.



### Clamshell

REPS: 10 | SETS: 3 | HOLD: 2 | DAILY: 2 | WEEKLY: 7

#### Setup

Begin by lying on your side with your knees bent 90 degrees and your hips and shoulders stacked.

#### Movement

Raise your top knee away from the bottom one, then slowly return to the starting position.

#### Tip

Make sure not to roll your hips forward or backward during the exercise.



### Supine Lower Trunk Rotation

REPS: 10 | SETS: 3 | HOLD: 2 | DAILY: 2 | WEEKLY: 7

#### Setup

Begin lying on your back with your knees bent and feet resting on the floor.

#### Movement

Keeping your back flat, slowly rotate your knees down towards the floor until you feel a stretch in your trunk and hold.

#### Tip

Make sure that your back and shoulders stay in contact with the floor.



### Supine Bridge

REPS: 10 | SETS: 3 | HOLD: 2 | DAILY: 2 | WEEKLY: 7

#### Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

#### Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

#### Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.