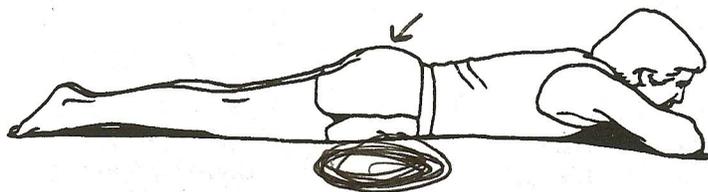


BACK - 7 Gluteal Sets

No Pain



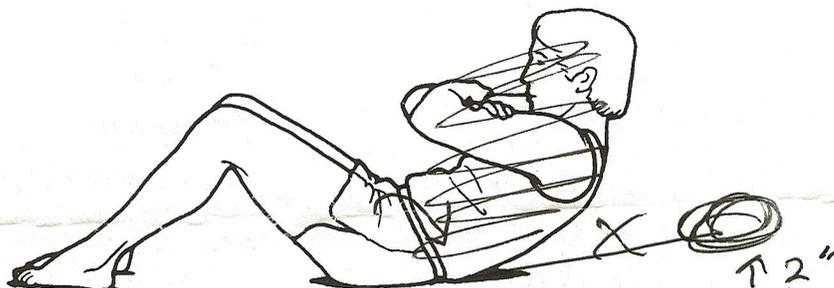
Tighten buttocks while pressing pelvis to floor.

Hold 5 seconds. Repeat 25 times.

Do 2 sessions per day.

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BACK - 25 Curl-Up (phase 2)



Keeping arms folded across chest, tilt pelvis to flatten back.

Raise head and shoulders from floor.

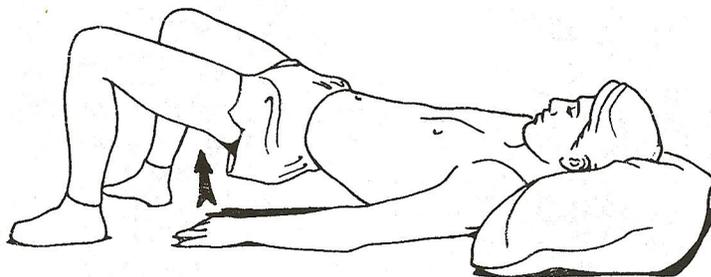
Hold 5 seconds. Repeat 20 times.

Do 2 sessions per day.

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TRUNK STABILITY - 9 Bridging

Tighten butt + Lift



Slowly raise buttocks from floor, keeping stomach tight.

Hold 5 seconds. Repeat 20 times.

Do 1 sessions per day.

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