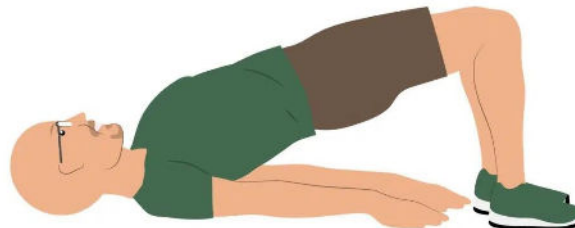


# 4 WEEKS EXERCISE ROUTINE

Week 1				Week 2				
Day	Exercise	Target Rep	Actual Rep	Day	Exercise	Target Reps	Actual Reps	
							Set 1	Set 2
Monday	Abdominal Bracing	10 (5 second hold)		Monday	Abdominal Bracing	10 (5 second hold)		
	Hip Lifts	10 (5 second hold)			Hip Lifts	10 (5 second hold)		
	Dead Bugs	5 (5 second hold)			Dead Bugs	5 (5 second hold)		
Tuesday	Superman	5		Tuesday	Superman	5		
	Bird Dog	5			Bird Dog	5		
	Side Bends	5			Side Bends	5		
Wednesday	Abdominal Bracing	10 (5 second hold)		Wednesday	Abdominal Bracing	10 (5 second hold)		
	Hip Lifts	10 (5 second hold)			Hip Lifts	10 (5 second hold)		
	Dead Bugs	5 (5 second hold)			Dead Bugs	5 (5 second hold)		
Thursday	Superman	5		Thursday	Superman	5x2		
	Bird Dog	5			Bird Dog	5x2		
	Side Bends	5			Side Bends	5x2		
Friday	Abdominal Bracing	10 (5 second hold)		Friday	Abdominal Bracing	10 (5 second hold)		
	Hip Lifts	10 (5 second hold)			Hip Lifts	10 (5 second hold)		
	Dead Bugs	5 (5 second hold)			Dead Bugs	5 (5 second hold)		
Saturday	Superman	5		Saturday	Superman	5x2		
	Bird Dog	5			Bird Dog	5x2		
	Side Bends	5			Side Bends	5x2		
Sunday	REST			Sunday	Rest			



Abdominal Bracing

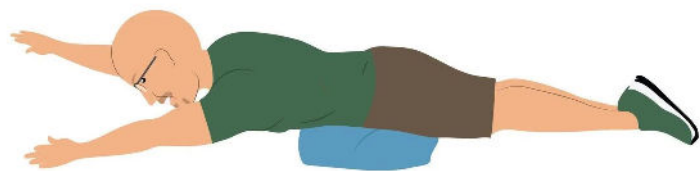


Hip Lifts



Dead Bugs

Week 3				Week 4				
Day	Exercise	Target Rep	Actual Rep	Day	Exercise	Target Reps	Actual Reps	
							Set 1	Set 2
<b>Monday</b>	Abdominal Bracing	15 (5 second hold)		<b>Monday</b>	Abdominal Bracing	15 (5 second hold)		
	Hip Lifts	15 (5 second hold)			Hip Lifts	15 (5 second hold)		
	Dead Bugs	10 (5 second hold)			Dead Bugs	10 (5 second hold)		
<b>Tuesday</b>	Superman	10		<b>Tuesday</b>	Superman	10		
	Bird Dog	10			Bird Dog	10		
	Side Bends	10			Side Bends	10		
<b>Wednesday</b>	Abdominal Bracing	15 (5 second hold)		<b>Wednesday</b>	Abdominal Bracing	15 (5 second hold)		
	Hip Lifts	15 (5 second hold)			Hip Lifts	15 (5 second hold)		
	Dead Bugs	10 (5 second hold)			Dead Bugs	10 (5 second hold)		
<b>Thursday</b>	Superman	10		<b>Thursday</b>	Superman	10		
	Bird Dog	10			Bird Dog	10		
	Side Bends	10			Side Bends	10		
<b>Friday</b>	Abdominal Bracing	15 (5 second hold)		<b>Friday</b>	Abdominal Bracing	15 (5 second hold)		
	Hip Lifts	15 (5 second hold)			Hip Lifts	15 (5 second hold)		
	Dead Bugs	10 (5 second hold)			Dead Bugs	10 (5 second hold)		
<b>Saturday</b>	Superman	10		<b>Saturday</b>	Superman	10		
	Bird Dog	10			Bird Dog	10		
	Side Bends	10			Side Bends	10		
<b>Sunday</b>	<b>REST</b>			<b>Sunday</b>	<b>Rest</b>			



**Superman**



**Bird Dog**



**Side Bends**