

Strengthening Home Exercise Program

Starting Position: On Belly	Cues and Reminders
Superman	Hold arms and legs straight up
Plank on elbows	Prop yourself on your elbows/forearms, legs and body straight
Plank on hands	Hold full push-up position
Push ups	Focus on body straight and bending elbows
Opposite arm and leg lifts	Lift left arm with right leg and then switch (be sure to keep your limbs straight)
Downward dog	From a push-up position, lift your bottom up toward the sky, keep arms and legs straight, and heels down
Dolphin	Prop yourself on your elbows/forearms and do downward dog
Starting Position: On Hands and Knees	
Opposite arm and leg holds	Hold right arm straight in front of you and left leg straight behind you, then switch sides
Cat/cow	Cat- rounded back and head down Cow-sway back and head up
Starting Position: On back	
Knee hugs	Hold your knees against your chest and keep your body still
Sit-ups	Feet flat, hands crossed at chest
Bridging	Head and back down, arms in a V, lift bottom toward ceiling with feet flat on floor
Bug	Lift arms, legs, and head straight up toward the ceiling
Happy baby	Hold the outside of your feet and open your legs, gently rock side to side
Table	Lift your body up toward the ceiling, putting weight on your feet and hands only. Fingers should be facing your feet.
Boat	Place your hands behind your knees in a seated position and gently rock back to a balance position with your feet off of the ground. Try to keep your back straight and not rounded.
Starting Position: Standing	
Wall push-ups	Stand facing a wall. Place your hands shoulder width apart and focus on bending your elbows while keeping your body straight
Wall sits	Stand with your back against a wall. Step out away from the wall while keeping your back against the wall. Hold your feet shoulder width apart and slide down the wall until you are in a seated position (chair sit) and hold

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Wall slides

Repeat the wall sit position, but slide up and down the wall