
















## LEVEL I EXERCISES

EXERCISE NUMBER		EXERCISE NAME	MUSCLES TARGETED
1		Opposite Arm/Leg Reach	Low back, glute major
2		Supermans	Low back, glute major
3		Prone Snow Angels	Low back, middle back, hip abductors
4		Hip Bridge with Heel Slides	Low back, glutes, hamstrings
5		Shoulder Blade Squeeze	Middle back
6		Mountain Climbers	Transversus abdominis (TVA), hip flexors, quads
7		Transverse Abdominis (TVA) Activation	Transversus abdominis (TVA)
8		Tailbone Tucks	Transversus abdominis (TVA)

EXERCISE NUMBER		EXERCISE NAME	MUSCLES TARGETED
9		Wall Squat with Pelvic Tucks	Transversus abdominis (TVA)
10		Side Planks	Obliques
11		Supine Knee Drops	Obliques, low back
12		Pac Mans	Lateral hip muscles
13		Audrey Two	Lateral hip muscles
14		Chair Squats	Entire core musculature
15		TT Position Hold	Entire core musculature