

## Sahrmann Exercise 1

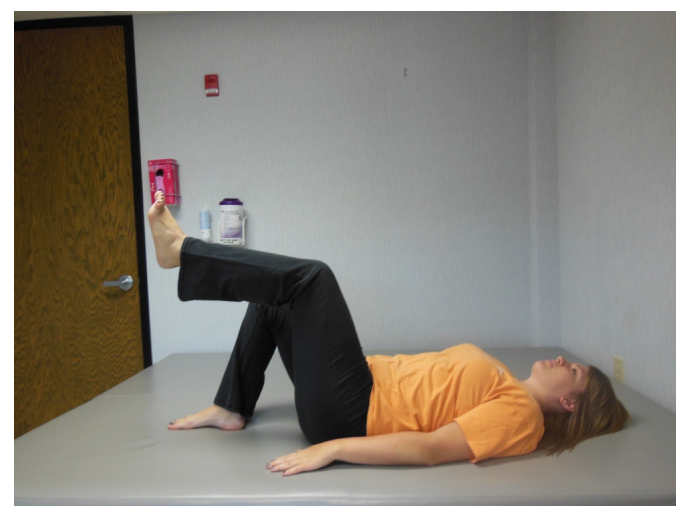
1. Lie on the bed/floor with knees bent and arms at your side. 2. Hold your abdominals in by doing your basic breath contraction keeping your pelvis in neutral. 3. Keeping one knee bent, slowly slide the opposite leg out until its straight, then slide it back in. 4. Relax your abdominals and repeat with other leg

10 reps, 2x/day to start. After 4 days, increase to 15 reps. After 1 week, increase to 20 reps.

**WHEN YOU CAN COMFORTABLY DO 20 LEG SLIDES ON EACH SIDE MOVE TO EXERCISE 2.**

Repeat **10 Times**  
Complete **1 Set**  
Perform **2 Time(s) a Day**

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## Sahrmann Exercise 2

1. Lie on floor with knees bent and arms at your side. 2. Pull in your abdominals, keeping neutral pelvis, and hold. 3. Raise one knee towards your chest and slowly straighten it out parallel to the floor. 4. Return extended leg to starting position and repeat with other leg. 5. Work up to 5 reps on each side without stopping

10 reps, 2x/day to start. After 4 days, increase to 15 reps. After 1 week, increase to 20 reps.

**ONCE ABLE TO PERFORM 20 OR MORE ON EACH SIDE THEN MOVE TO EXERCISE 3**

Repeat **10 Times**  
Complete **1 Set**  
Perform **2 Time(s) a Day**

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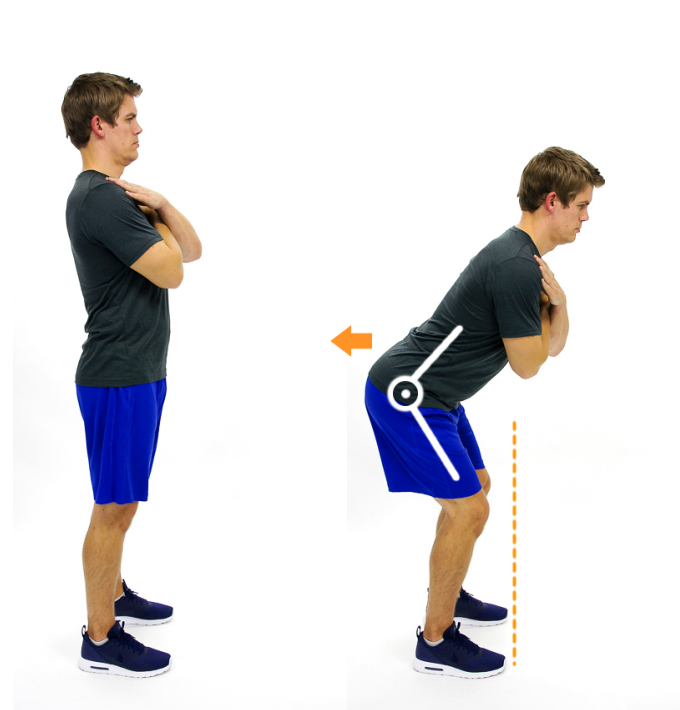
## Modified Superman

Laying on stomach, raise opposite arm/leg alternate sides.

10 reps, 2x/day to start. After 4 days, increase to 15 reps. After 1 week, increase to 20 reps.

Repeat **10 Times**  
Complete **1 Set**  
Perform **2 Time(s) a Day**

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## LEAN FORWARD WITH HIP HINGE - HIP AND BACK DISASSOCIATION DRILL

When leaning forward, bend over at the waist, tighten your stomach muscles by drawing in your navel and keep your back straight while bending at your hips. This will protect your back from excessive loads.

Your buttock should lower behind your feet as if you are going to sit on a seat. Emphasize your weight going through your heels.

Also, for good knee alignment, do not let your knees pass in front of your toes and keep your knee in line with your 2nd toe (next to the big toe) as it bends.

Repeat **1 Time**  
Hold **1 Second**  
Complete **1 Set**  
Perform **1 Time(s) a Day**

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## SQUAT WITH HIP HINGE - HIP AND BACK DISASSOCIATION DRILL

When squatting, bend over at the waist, tighten your stomach muscles by drawing in your navel and keep your back straight while bending at your hips. This will protect your back from excessive loads.

Your buttock should lower behind your feet as if you are going to sit on a seat. Emphasize your weight going through your heels.

Also, for good knee alignment, do not let your knees pass in front of your toes and keep your knee in line with your 2nd toe (next to the big toe) as it bends.

Repeat **10 Times**  
Hold **1 Second**  
Complete **1 Set**  
Perform **1 Time(s) a Day**

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