					The Introdu	uctio	n to Pelvic Stability S	Sche	dule				
	Week 1 Tasks: Perform test / retest for Transverse Abdominis (TrA), Wiper Test, Hip Telescoping, and Active Straight Leg Raise Test (ASLR)												
	Coordination breathing with releasing pelvic floor muscles on inhale and gently contracting or connecting pelvic floor muscles during exhale												
							Schedule Week 1						
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
	Heel slides		Heel slides		Heel slides		Heel slides		Heel slides		Heel slides		10 mins breathing
	Marches		Marches		Marches		Marches		Marches		Marches		Previous stretches
	Fallouts		Fallouts		Fallouts		Fallouts		Fallouts		Fallouts		
	Bridge		Bridge		Bridge		Bridge		Bridge		Bridge		
	Week 2 Tasks:		Perform test / retest for	Trans	verse Abdominis (TrA), Wip	er Tes	t, Hip Telescoping, and Ac	tive St	raight Leg Raise Test (ASL	R)			
			If able to do above exerc	cises	with good stability while bre	athing	, start progression to next	set of	exercises below				
			Add in dynamic stretchir		,								
			Coordination breathing	with re	leasing pelvic floor muscles	s on ir	hale and gently contractin	g or co	nnecting pelvic floor musc	es du	ring exhale		
			_		QP = quadruped (on all fou			_	<u> </u>		J		
					, , , , , , , , , , , , , , , , , , , ,		Schedule Week 2						
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
	Bridge Progression #1		Bridge Progression #1		Bridge Progression #1		Bridge Progression #1		Bridge Progression #1		Bridge Progression #1		10 mins breathing
H	LR #1 with bent knee		LR #1 with bent knee	ŏ	LR #1 with bent knee	ö	LR #1 with bent knee		LR #1 with bent knee	Ħ	LR #1 with bent knee	ŏ	Dynamic calf stretch
	QP Intro #1		QP Intro #1	H	QP Intro #1	ä	QP Intro #1	$\overline{}$	QP Intro #1	Ħ	QP Intro #1	ä	Dynamic HS stretch
	Dynamic calf stretch		Dynamic hip flexor str	ä	Dynamic calf stretch	H	Dynamic hip flexor str	$\overline{}$	Dynamic calf stretch	H	Dynamic hip flexor str	ä	Dynamic gluteal stretch
	Dynamic HS stretch	ä	Dynamic adductor str	H	Dynamic HS stretch	ä	Dynamic adductor str	H	Dynamic HS stretch	H	Dynamic adductor str	ä	Dynamic hip flexor str
H	Dynamic gluteal stretch	H	Dynamic addactor 3ti	H	Dynamic gluteal stretch	H	Dynamic addactor 3ti	H	Dynamic gluteal stretch	Ħ	Dynamic addactor 3ti	H	Dynamic adductor str
	Dynamic giutear stretch				Dynamic glutear stretch				Dynamic glutear stretch				Dynamic adductor str
	Week 3 Tasks:		Porform tost / rotost for	Tranci	roreo Abdominio (TrA). Win	or Toc	t Hip Toloscoping and Ac	tivo St	raight Log Paico Toet (ASI	D)			
	Week 5 lasks.		Perform test / retest for Transverse Abdominis (TrA), Wiper Test, Hip Telescoping, and Active Straight Leg Raise Test (ASLR)  If able to do above exercises with good stability while breathing, start progression to next set of exercises below										
Continue with dynamic stretching						, start progression to next	SEL UI	exercises below					
			-		-	o on i	halo and gontly contractin	a or o	annosting polytic floor mucci	oo di	ring avhala		
			Coordination breathing with releasing pelvic floor muscles on inhale and gently contracting or connecting pelvic floor muscles during exhale										
	Abbreviations: LR = leg raise, QP = quadruped (on all fours), HS = hamstring, str = stretch												
			Abbreviations: LR = leg	raise,				h					
	Mondov		_	raise,	QP = quadruped (on all fou		Schedule Week 3	h	Evidou		Caturday		Sunday
	Monday		Tuesday	raise,	QP = quadruped (on all fou		Schedule Week 3 Thursday	h	Friday		Saturday		Sunday
	Bridge #2 with heel lift		Tuesday Bridge #2 with heel lift		QP = quadruped (on all found of the second o		Schedule Week 3  Thursday  Bridge #2 with heel lift		Bridge #2 with heel lift		Bridge #2 with heel lift		10 mins breathing
	Bridge #2 with heel lift LR #2 toe & knee touch		Tuesday Bridge #2 with heel lift LR #2 toe & knee touch		QP = quadruped (on all found of the second o		Schedule Week 3  Thursday  Bridge #2 with heel lift  LR #2 toe & knee touch		Bridge #2 with heel lift LR #2 toe & knee touch		Bridge #2 with heel lift LR #2 toe & knee touch		10 mins breathing  Dynamic calf stretch
	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift		Tuesday Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift		QP = quadruped (on all found of the second o		Schedule Week 3  Thursday  Bridge #2 with heel lift  LR #2 toe & knee touch  QP #2 knee/foot lift		Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift		Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift		10 mins breathing Dynamic calf stretch Dynamic HS stretch
	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch		Tuesday Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str		QP = quadruped (on all found for the second for the		Schedule Week 3  Thursday  Bridge #2 with heel lift  LR #2 toe & knee touch  QP #2 knee/foot lift  Dynamic hip flexor str		Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch		Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str		10 mins breathing Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch
	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch		Tuesday Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift		QP = quadruped (on all found for the second for the		Schedule Week 3  Thursday  Bridge #2 with heel lift  LR #2 toe & knee touch  QP #2 knee/foot lift		Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch		Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift		10 mins breathing Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch Dynamic hip flexor str
	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch		Tuesday Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str		QP = quadruped (on all found for the second for the		Schedule Week 3  Thursday  Bridge #2 with heel lift  LR #2 toe & knee touch  QP #2 knee/foot lift  Dynamic hip flexor str		Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch		Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str		10 mins breathing Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch
	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch		Tuesday Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str Dynamic adductor str		QP = quadruped (on all found of the state of		Schedule Week 3  Thursday  Bridge #2 with heel lift  LR #2 toe & knee touch  QP #2 knee/foot lift  Dynamic hip flexor str  Dynamic adductor str		Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch		Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str		10 mins breathing Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch Dynamic hip flexor str
	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch		Tuesday Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str Dynamic adductor str	Transv	QP = quadruped (on all found for the state of the state o	er Tes	Schedule Week 3  Thursday  Bridge #2 with heel lift  LR #2 toe & knee touch  QP #2 knee/foot lift  Dynamic hip flexor str  Dynamic adductor str	U U U U U U U U U U U U U U U U U U U	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch		Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str		10 mins breathing Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch Dynamic hip flexor str
	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch		Tuesday Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str Dynamic adductor str  Perform test / retest for If able to do above exercises	Transv	QP = quadruped (on all found for the state of the state o	er Tes	Schedule Week 3  Thursday  Bridge #2 with heel lift  LR #2 toe & knee touch  QP #2 knee/foot lift  Dynamic hip flexor str  Dynamic adductor str	U U U U U U U U U U U U U U U U U U U	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch		Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str		10 mins breathing Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch Dynamic hip flexor str
	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch		Tuesday Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str Dynamic adductor str  Perform test / retest for If able to do above exert Continue with dynamic str	Transcises v	QP = quadruped (on all found of the second o	er Tes	Schedule Week 3  Thursday  Bridge #2 with heel lift  LR #2 toe & knee touch  QP #2 knee/foot lift  Dynamic hip flexor str  Dynamic adductor str  tt, Hip Telescoping, and Act  g, start progression to next	tive St	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch raight Leg Raise Test (ASL exercises below		Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str Dynamic adductor str		10 mins breathing Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch Dynamic hip flexor str
	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch		Tuesday Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str Dynamic adductor str  Perform test / retest for If able to do above exert Continue with dynamic stopordination breathing with the street of	Transv cises v stretch	QP = quadruped (on all found of the second o	er Tes	Schedule Week 3  Thursday  Bridge #2 with heel lift  LR #2 toe & knee touch  QP #2 knee/foot lift  Dynamic hip flexor str  Dynamic adductor str  tt, Hip Telescoping, and Act  g, start progression to next  whale and gently contraction	tive St set of	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch raight Leg Raise Test (ASL exercises below		Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str Dynamic adductor str		10 mins breathing Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch Dynamic hip flexor str
	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch		Tuesday Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str Dynamic adductor str  Perform test / retest for If able to do above exert Continue with dynamic stopordination breathing with the street of	Transv cises v stretch	QP = quadruped (on all found of the second o	er Tes athino	Schedule Week 3  Thursday  Bridge #2 with heel lift  LR #2 toe & knee touch  QP #2 knee/foot lift  Dynamic hip flexor str  Dynamic adductor str  tt, Hip Telescoping, and Act  g, start progression to next  whale and gently contractin  S = hamstring, str = stretce	tive St set of	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch raight Leg Raise Test (ASL exercises below		Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str Dynamic adductor str		10 mins breathing Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch Dynamic hip flexor str
	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch  Week 4 Tasks:		Tuesday Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str Dynamic adductor str  Perform test / retest for If able to do above exert Continue with dynamic str Coordination breathing to Abbreviations: LR = leg	Transv cises v stretch	QP = quadruped (on all found of the second o	er Tes athino	Schedule Week 3  Thursday  Bridge #2 with heel lift  LR #2 toe & knee touch  QP #2 knee/foot lift  Dynamic hip flexor str  Dynamic adductor str  tt, Hip Telescoping, and Act  g, start progression to next  whale and gently contractin  Is = hamstring, str = stretc  Schedule Week 4	tive St set of	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch raight Leg Raise Test (ASL exercises below exercises pelvic floor musc at = unilateral (one side)		Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str Dynamic adductor str		10 mins breathing Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch Dynamic hip flexor str Dynamic adductor str
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	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch  Week 4 Tasks:  Monday Bridge #3 unilat heel lift LR #3 straight side LR		Tuesday Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str Dynamic adductor str  Perform test / retest for If able to do above exert Continue with dynamic st Coordination breathing with Abbreviations: LR = leg  Tuesday Bridge #3 unilat heel lift LR #3 straight side LR	Transs cises v	QP = quadruped (on all found of the content of the	er Tes athing	Schedule Week 3  Thursday  Bridge #2 with heel lift  LR #2 toe & knee touch  QP #2 knee/foot lift  Dynamic hip flexor str  Dynamic adductor str  tt, Hip Telescoping, and Act  g, start progression to next  shale and gently contractin  S = hamstring, str = stretc  Schedule Week 4  Thursday  Bridge #3 unilat heel lift  LR #3 straight side LR	titive St of g or cc	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch raight Leg Raise Test (ASL exercises below ennecting pelvic floor musclet en unilateral (one side)  Friday Bridge #3 unilat heel lift LR #3 straight side LR	R)	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str Dynamic adductor str  bynamic adductor str  Saturday Bridge #3 unilat heel lift LR #3 straight side LR		10 mins breathing Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch Dynamic hip flexor str Dynamic adductor str  Sunday 10 mins breathing Dynamic calf stretch
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	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch  Week 4 Tasks:  Monday Bridge #3 unilat heel lift LR #3 straight side LR QP #3 foot slide		Tuesday Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str Dynamic adductor str  Perform test / retest for If able to do above exert Continue with dynamic st Coordination breathing to Abbreviations: LR = leg  Tuesday Bridge #3 unilat heel lift LR #3 straight side LR QP #3 foot slide	Transcises vistretch with reraise,	QP = quadruped (on all foundation of the content of	er Tes athing s on in	Schedule Week 3  Thursday  Bridge #2 with heel lift  LR #2 toe & knee touch  QP #2 knee/foot lift  Dynamic hip flexor str  Dynamic adductor str  tt, Hip Telescoping, and Act  g, start progression to next  shale and gently contractin  IS = hamstring, str = stretc  Schedule Week 4  Thursday  Bridge #3 unilat heel lift  LR #3 straight side LR  QP #3 foot slide	tive St set of	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch raight Leg Raise Test (ASL exercises below ennecting pelvic floor musc at = unilateral (one side)  Friday Bridge #3 unilat heel lift LR #3 straight side LR QP #3 foot slide	R)	Bridge #2 with heel lift LR #2 toe & knee touch QP #2 knee/foot lift Dynamic hip flexor str Dynamic adductor str  Dynamic adductor str  arring exhale  Saturday Bridge #3 unilat heel lift LR #3 straight side LR QP #3 foot slide		10 mins breathing Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch Dynamic hip flexor str Dynamic adductor str  Sunday 10 mins breathing Dynamic calf stretch Dynamic HS stretch

Week 5 Tasks: Perform test / retest for Transverse Abdominis (TrA), Wiper Test, Hip Telescoping, and Active Straight Leg Raise Test (ASLR)														
		If able to do above exercises with good stability while breathing, start progression to next set of exercises below												
			Continue with dynamic s	tretch	ing									
			Coordination breathing v	vith re	leasing pelvic floor muscle	s on in	hale and gently contracting	g or co	nnecting pelvic floor muscl	es du	ring exhale			
			Abbreviations: LR = leg	raise,	QP = quadruped (on all for	urs), H	S = hamstring, str = stretch	n, unila	at = unilateral (one side), w	shi =	weight shift			
							Schedule Week 5							
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Bridge #4 25-50% wt shi		Bridge #4 25-50% wt sh		Bridge #4 25-50% wt shi		Bridge #4 25-50% wt sh		Bridge #4 25-50% wt shi		Bridge #4 25-50% wt sh		10 mins breathing	
	LR #4 with toe dive		LR #4 with toe dive		LR #4 with toe dive		LR #4 with toe dive		LR #4 with toe dive		LR #4 with toe dive		Dynamic calf stretch	
	QP #4 with leg lift		QP #4 with leg lift		QP #4 with leg lift		QP #4 with leg lift		QP #4 with leg lift		QP #4 with leg lift		Dynamic HS stretch	
	Dynamic calf stretch		Dynamic hip flexor str		Dynamic calf stretch		Dynamic hip flexor str		Dynamic calf stretch		Dynamic hip flexor str	$\overline{\Box}$	Dynamic gluteal stretch	
$\overline{\Box}$	Dynamic HS stretch		Dynamic adductor str	$\overline{\Box}$	Dynamic HS stretch	$\overline{\Box}$	Dynamic adductor str		Dynamic HS stretch	$\overline{\Box}$	Dynamic adductor str		Dynamic hip flexor str	
$\overline{\Box}$	Dynamic gluteal stretch	ī		$\overline{\Box}$	Dynamic gluteal stretch	$\overline{\Box}$		Ħ	Dynamic gluteal stretch	$\overline{\Box}$		$\overline{\Box}$	Dynamic adductor str	
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	Week 6 Tasks:		Perform test / retest for	rans\	verse Abdominis (TrA), Wip	er Tes	t, Hip Telescoping, and Act	ive Str	aight Leg Raise Test (ASL	R)				
			If able to do above exerc	ises v	vith good stability while bre	athing	, start progression to next	set of	exercises below					
				able to do above exercises with good stability while breathing, start progression to next set of exercises below continue with dynamic stretching										
			•		leasing pelvic floor muscle	s on in	hale and gently contracting	g or co	nnecting pelvic floor muscl	es du	ring exhale			
			-		QP = quadruped (on all for									
			10		4		Schedule Week 6	,	(, , , , , , , , , , , , , , , , , , ,		3			
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Bridge #5 50-100% wt sh	П	Bridge #5 50-100% wt s	П	Bridge #5 50-100% wt sl	П	Bridge #5 50-100% wt s	П	Bridge #5 50-100% wt sh	П	Bridge #5 50-100% wt s	П	10 mins breathing	
$\overline{\Box}$	LR #4 with toe dive		LR #4 with toe dive	$\overline{\Box}$	LR #4 with toe dive	$\overline{\Box}$	LR #4 with toe dive		LR #4 with toe dive	$\overline{\Box}$	LR #4 with toe dive		Dynamic calf stretch	
$\Box$	QP #5 on elbows - all	$\overline{}$	QP #5 on elbows - all		QP #5 on elbows - all	$\overline{}$	QP #5 on elbows - all		QP #5 on elbows - all		QP #5 on elbows - all	ŏ	Dynamic HS stretch	
	Dynamic calf stretch		Dynamic hip flexor str	i	Dynamic calf stretch	$\overline{}$	Dynamic hip flexor str		Dynamic calf stretch	ŏ	Dynamic hip flexor str	H	Dynamic gluteal stretch	
	Dynamic HS stretch		Dynamic adductor str	H	Dynamic HS stretch	ö	Dynamic adductor str		Dynamic HS stretch	ö	Dynamic adductor str	H	Dynamic hip flexor str	
H	Dynamic gluteal stretch	H	Dynamic addation of	H	Dynamic gluteal stretch	H	Dynamio addator on	H	Dynamic gluteal stretch	H	Dynamio addator of	H	Dynamic adductor str	
	Dynamic glutear stretch				Dynamic glutear stretch				Dynamic glutear stretch				Dynamic adductor str	
Week 7 Tasks: Perform test / retest for Transverse Abdominis (TrA), Wiper Test, Hip Telescoping, and Active Straight Leg Raise Test (ASLR)														
	Trook / Tuoko.			able to do above exercises with good stability while breathing, start progression to next set of exercises below										
	Continue with dynamic stretching													
	, ,													
	Coordination breathing with releasing pelvic floor muscles on inhale and gently contracting or connecting pelvic floor muscles during exhale  Abbreviations: LR = leg raise, QP = quadruped (on all fours), HS = hamstring, str = stretch, unilat = unilateral (one side)													
			Abbreviations. Lix - leg	aise,	Qi - quadruped (oir air iot	, ,	Schedule Week 7	i, uiiic	it - urillateral (one side)					
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Bridge #6 heel slide		Bridge #6 heel slide		Bridge #6 heel slide		Bridge #6 heel slide		Bridge #6 heel slide		Bridge #6 heel slide		10 mins breathing	
	LR #4 with toe dive		LR #4 with toe dive	H	LR #4 with toe dive		LR #4 with toe dive		LR #4 with toe dive		LR #4 with toe dive		Dynamic calf stretch	
	QP #5 elbow all variation	H	QP #5 elbow all variatio	$\exists$	QP #5 elbow all variation	H	QP #5 elbow all variation	H	QP #5 elbow all variation	H	QP #5 elbow all variation		Dynamic HS stretch	
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	Dynamic calf stretch	$\dashv$	Dynamic hip flexor str	$\dashv$	Dynamic calf stretch	屵	Dynamic hip flexor str	-	Dynamic calf stretch	屵	Dynamic hip flexor str	Η	Dynamic gluteal stretch	
	Dynamic calf stretch Dynamic HS stretch Dynamic gluteal stretch		Dynamic hip flexor str  Dynamic adductor str		Dynamic calf stretch  Dynamic HS stretch  Dynamic gluteal stretch		Dynamic hip flexor str  Dynamic adductor str		Dynamic HS stretch  Dynamic HS stretch  Dynamic gluteal stretch		Dynamic hip flexor str  Dynamic adductor str		Dynamic gluteal stretch  Dynamic hip flexor str  Dynamic adductor str	

List of ALL Stretches & Strengthening Exercises									
Stretching Exercises		Strengthening Exercises							
Dynamic Calf Stretch		Heel slides		Leg Raise Progression #1 with knee bent					
Dyamic Hamstring Stretch		Marches		Leg Raise Progression #2 with toe & knee touch					
Dyanmic Gluteal Stretch		Fallouts		Leg Raise Progression #3 straight side leg raises					
Dyanmic Hip Flexor Stretch		Bridge Introduction		Leg Raise Progression #4 with toe dive					
Dynamic Adductor Stretch		Bridge Progression #1		Quadruped / Table Top Introduction #1					
		Bridge Progression #2 with heel lifts		Quadruped / Table Top #2 with knee and foot lift					
		Bridge Progression #3 with unilateral heel lift		Quadruped / Table Top #3 with foot slide					
		Bridge Progression #4 with 25-50% weight shift		Quadruped / Table Top #4 with leg lift					
		Bridge Progression #5 with 50-100% weight shift		Quadruped / Table Top #5 on elbows with all variations					
		Bridge Progression #6 with heel slides							