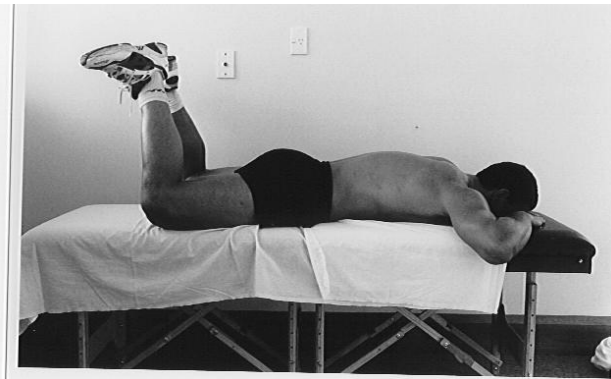




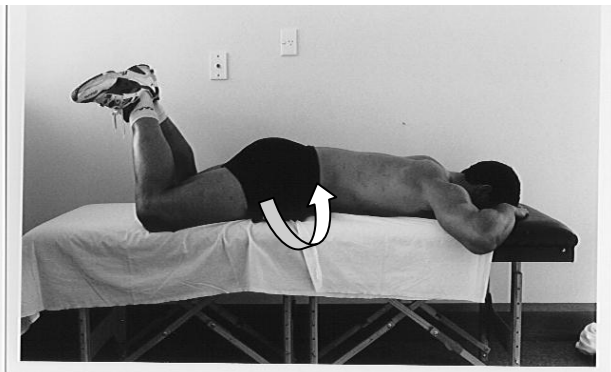
Frog

Purpose - To correct firing pattern of the muscles of the low back, buttocks and hamstrings



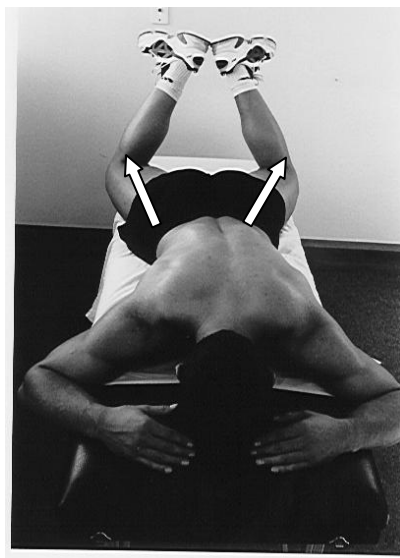
Starting position:

- Lying on front
- Knees wide apart and bent
- Heels together



Action:

- Draw up with low abdominals flattening the low back and tuck the pelvis under by squeezing the buttocks.
- Hold ____ seconds. Repeat ____ times



Progression:

- Squeeze heels together
- Keeping the low back as flat as possible squeeze the buttocks and ease the thighs off the bed.
- Hold _____ seconds. Repeat _____ times