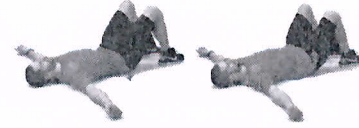


# Dr. Tompkins Chiropractic

## Pelvic Tilts 10x

Lie on back with knees bent and feet flat on the floor. Keeping hips in contact with the floor, press lower back against the floor, then arch lower back off floor. Repeat.



## Elbow Curls 10x 20x 40x 60x

Lie on back with knees bent and feet flat on the floor. Place knuckles on temples with thumbs pointing down. Spread elbows wide apart, pinching shoulder blades together, then bring elbows back together. Repeat.



## Ruep Kicks 10x 20x 40x 60x

Lie on back with knees bent and feet flat on floor. Bring your right knee up to your chest, then straighten it so that shoulder, hip, knee, and ankle are all in a straight line. Switch sides and repeat.



## Shoulder Bridge :15 sec :30 sec 1:00 2:00

Lie on back with knees bent and feet flat on the floor. Squeeze glutes, raise hips off the floor and hold. Concentrate on squeezing glutes and keeping back relaxed.



## Femur Rotations 10x 20x 40x 60x

Lie on back with left leg straight on the floor, right knee bent, and right foot flat on the floor. Tighten left thigh, pull toes back, and lift leg so that it is even with the right knee. Rotate left leg in and out from the hip. Switch legs and repeat.



Repeat last 4 exercises for a total of: 1 2 3

## Cats & Dogs 10x

On hands and knees, with hands under shoulders and knees under hips, arch back up as high as you can and drop chin toward your chest. Raise head up and back, and arch lower back downwards. Repeat.



## Air Bench :30 1:00 1:30 2:00

Standing with back flat against a wall, keep knees and feet at hip-width while lowering yourself to a sitting position. Thighs should be slightly above parallel with the floor, and knees should not extend past your ankles. Keeping weight in heels, press lower back against the wall and hold.



Repeat entire ACTIVATION Routine for a total of: 1 2 3

# Dr. Tompkins Chiropractic

**Reverse Presses**      10x      **20x**      40x      60x

Lie on back with knees bent and feet flat on the floor. With arms straight out from shoulders and flat against the floor. Bend elbows to 90-degree angle and press elbows against the floor. Release and repeat.



**Clappers**      10x      **20x**      40x      60x

Lie on back with knees bent and feet flat on the floor. Stretch arms straight out from shoulders, flat on the floor with palms up. Press backs of hands gently against the floor, then lift arms straight above your chest and press palms together. Repeat.



**Pullovers**      10x      **20x**      40x      60x

Lie on back with knees bent and feet flat on the floor. Interlace fingers and stretch arms straight above your head, reaching as far back behind your head as is comfortable without bending arms. Reach arms toward knees, then back behind your head.



Repeat last 3 exercises for a total of:    1    2    3

**Active Frog**      10x      **20x**      40x      60x

Lie on back with knees and feet together; relax and let knees fall towards the floor. Bring knees together and apart; repeat back and forth.



**Abdominal Presses**    10x      **20x**      40x      60x

Lie on back with knees bent and feet flat on the floor. Lightly contract abdominal muscles while pressing the lower back against the floor. Relax and repeat.



**Isolated Hip Flexor Lift**    10x      **20x**      40x      60x

Lie on back with knees bent and feet flat on the floor slightly wider than knees. Lift right foot 2-3 inches, keeping ankle and toes relaxed. Repeat with the left foot.



**Active Shoulder Bridge**    10x      **20x**      40x      60x

Lie on back with knees bent and feet flat on the floor at hip-width. Squeeze glutes and lift hips off the floor. Lower hips and repeat.



Repeat last 4 exercises for a total of:    1    2    3