CU SPORTS MEDICINE
General Exercises

- Assume the position pictured.
- Hold for _______ seconds or minutes.
- Do _______ repetitions, _______ times each day.

- Place your thumbs firmly against your lower back as shown. (Place them at a specific level if instructed to do so by an exercise provider.)
- Bend backwards until you feel a stretch.
- Hold for _______ seconds.
- Do _______ repetitions, _______ times each day.

- Lie on your back with your knees bent.
- Tighten your abdominal muscles, squeeze your buttock muscles, and flatten your back as shown.
- Hold for _______ seconds.
- Do _______ repetitions, _______ times each day.
- Lie on your back.
- Pull your _______ knee up toward your chest as far as you can.
- Hold for _______ seconds.
- Do ______ repetitions, ______ times each day.

- Lie on your back.
- Pull your knees up toward your chest as far as you can.
- Hold for _______ seconds.
- Do ______ repetitions, ______ times each day.

- Lie on your back holding your _______ knee with your hands as shown.
- Keep the opposite knee bent.
- Hold for _______ seconds.
- Do ______ repetitions, ______ times each day.