

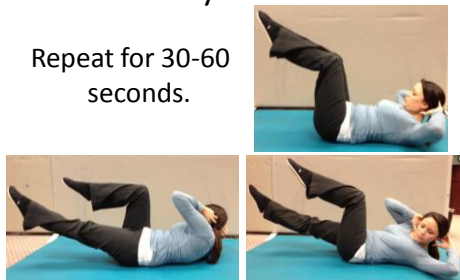


# MERCER ISLAND PHYSICAL THERAPY

## RET Physical Therapy Group

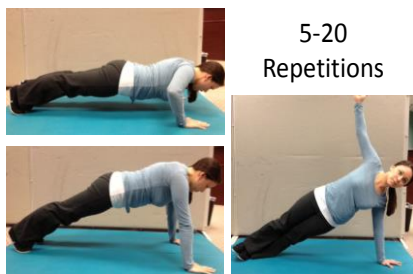
### Bicycle Abs

Repeat for 30-60 seconds.



### Push Up Side Plank

5-20 Repetitions



### Back Bridge



Leg Raise Hip Thrust

15 Repetitions on each side

### Ab Scissors

Side/Side:  
30 Repetitions



Up/Down:  
30 Repetitions



### Prone Plank



Hold for 60 seconds.

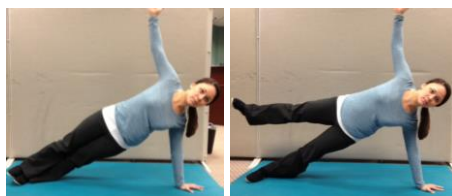
Challenge: Alternate arm & leg lifts.

### Fire Hydrant



15 Repetitions each leg

### Side Plank Leg Raise



30 second hold on each leg.

Challenge: 10 leg raises on each side

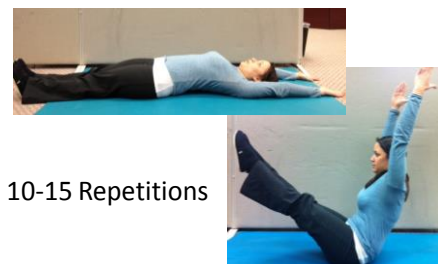
### Donkey Extension



10-15 repetitions on each leg

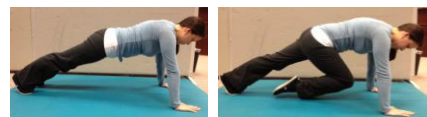


### V-Ups



10-15 Repetitions

### Prone Knee Thrust



5 repetitions of each

Forward



Across

Outside

### Standing Glute-Iso's



front



back



side

Hold 10 seconds + 5 quick pulses

### Classic Push Up



Decreasing Sets  
[10,9,8,7,6,5.....]

