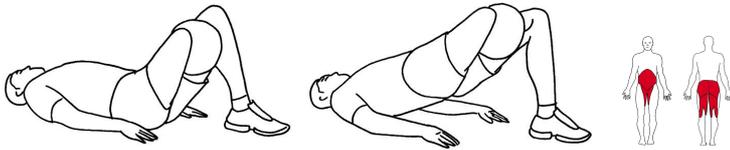


3-5 x a week



1. Buttock Raise with Small Ball

Lie on your back with the normal leg bent. Place a ball between the stump and the normal leg. Tilt your pelvis backwards. Flex the deepest and lowest part of your abdomen, pull your bellybutton towards your spine and make your stomach flat. Raise your pelvis/ buttocks until you are lying on your shoulder blades. Meanwhile, squeeze the ball with your legs. Hold the position before slowly returning to starting position. Make sure to keep your pelvis straight during the exercise.

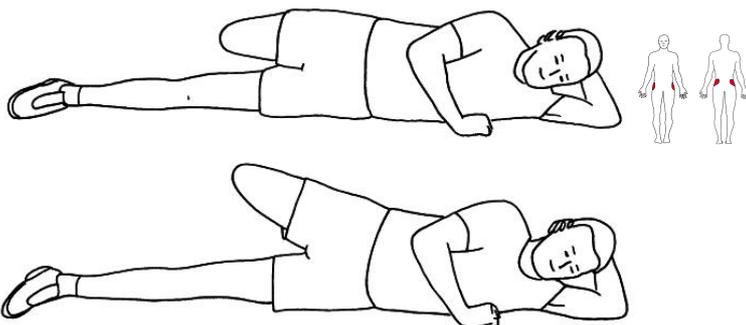
Sets: 3 , Reps: 8



2. Seated Dumbbell Twists

Sit on a mat with bent hips and knees and with a dumbbell in each hand in front of you. Lean your upper body backwards a little and rotate slowly from side to side.

Sets: 3 , Reps: 12



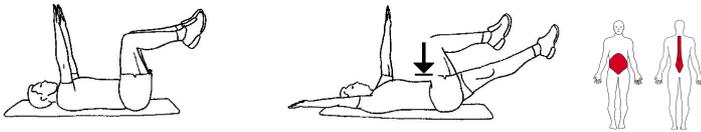
3. Side-Lying Hip Abduction

Lie on the non-prosthetic side and support your head with one of your hands. Raise the upper leg slowly up and down. Make sure the leg is straight in extension of your body or slightly behind it and that all movement happens in your hip.

Sets: 3 , Reps: 12



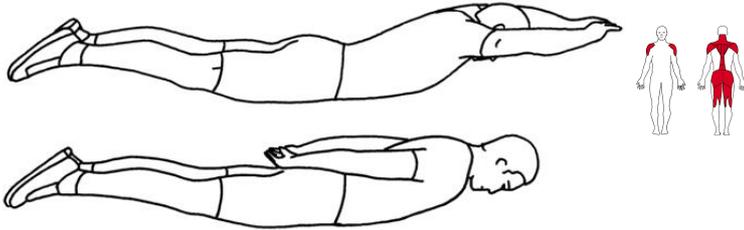
[Show video](#)



4. Dead Bug 2

Lie on your back with your hips and knees bent 90 degrees and straight arms above your chest. Activate the lower and deeper part of your abdominal muscles, pull your navel inward, making a "flat abdomen". At the same time, lower one arm backward over your head and your opposite leg to the floor.

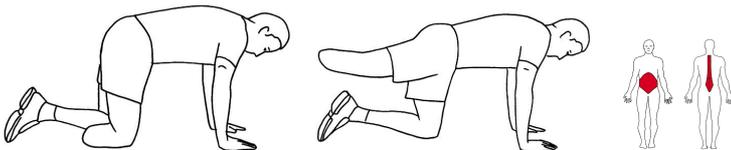
Sets: 3 , Reps: 12



5. Around The World w/ weight

In prone position, keep your arms straight over your head and hold a small weight plate or dumbbell in your hands. Lift both arms and legs off the ground. Move the weight plate with one arm down to your hips. Change hand holding the weight and move it up over your head again. Change direction of which you move the weight plate.

Sets: 3 , Reps: 8



6. Leg Raise on All Fours 6

Stand on hands and knees with your neck straight. Flex the deepest and lowest part of your abdomen, pull your bellybutton towards your spine and make your stomach flat. Alternate between stretching your right and left legs so they are in direct extension of your torso.

Sets: 3 , Reps: 8

