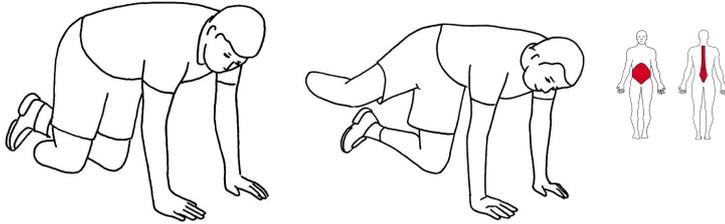


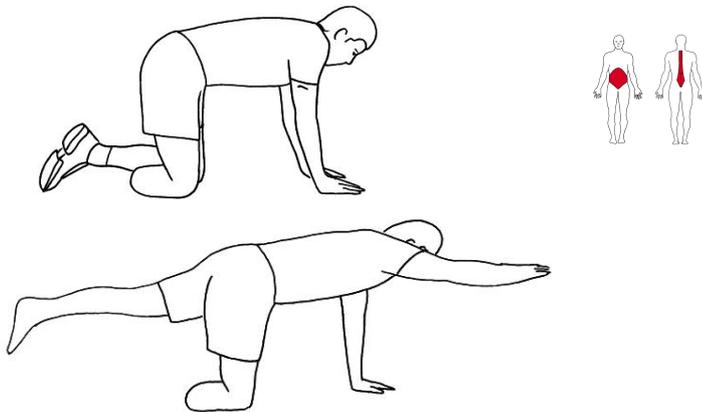
3-5 x a week



### 1. Fire Hydrants, transtibial

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 raising your right and left leg outward to the side ("pee like a male dog").

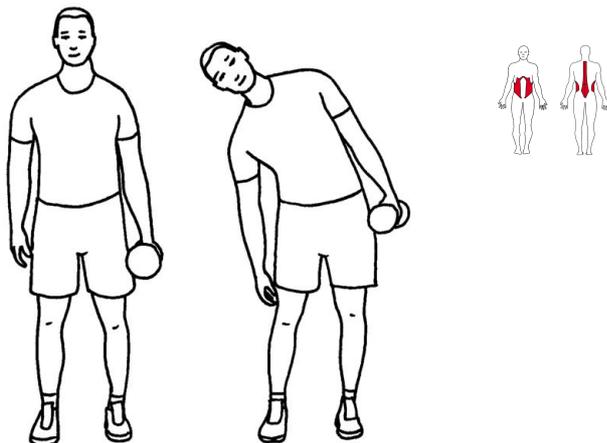
**Sets: 3 , Reps: 8**



### 2. Diagonal Raises on All Fours 2

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 arm and left leg, and your left arm and right leg, so they are in direct extension of your torso.

**Sets: 3 , Reps: 8**



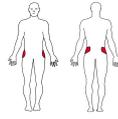
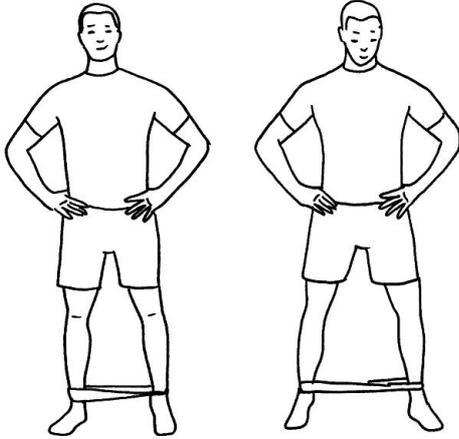
### 3. Dumbbell Side Bends

Stand upright with your legs a bit apart, hold a dumbbell along the side of your body. Without turning your upper body, lean away from the weights. Mark the end position and return.

**Sets: 3 , Reps: 8**



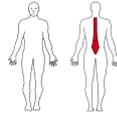
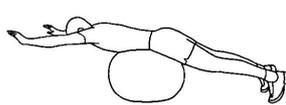
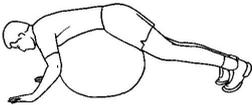
[Show video](#)



#### 4. Mini Band Side Steps

Stand upright on the floor with feet positioned at hip width and an elastic band around your ankles. Walk sideways, preferably with your feet rotated inwards. Keep tension in the band during the exercise.

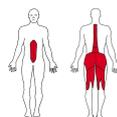
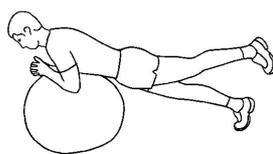
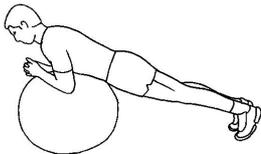
**Sets: 3 , Reps: 12**



#### 5. Back extension on a ball 3

Lie face down with your upper body and hips on the ball and your arms hanging to the floor. Contract your abdomen and lower back and raise your upper body slowly. In the final position your body is almost straight, your arms straight above your head.

**Sets: 3 , Reps: 8**



#### 6. Elbow-standing single leg lift on ball 1

Place your forearms on the ball and straighten your body so that you rest on your toes and elbows. Contract your abdominal and lower back muscles, keep your body straight and alternately raise your legs.

**Sets: 3 , Reps: 8**

