ELASTIC BAND BICYCLE BRACE

DIFFICULTY: VERY DIFFICULT
TYPE: CONDITIONING
GOAL: BUILD CORE STRENGTH

PROCEDURE
1. Lie on your back and wrap an elastic band around your feet.
2. Perform a slight posterior pelvic tilt by rocking your pelvis backward to flatten your lower back against the floor.
3. Raise both feet off the floor.
4. Straighten one leg in front of you.
5. Hold 2 seconds.
6. Return your leg to the bent position.
7. Perform the same exercise as above with the other leg, as if you were riding a bicycle.
8. Repeat 10 times.
9. Complete 1 set once a day.