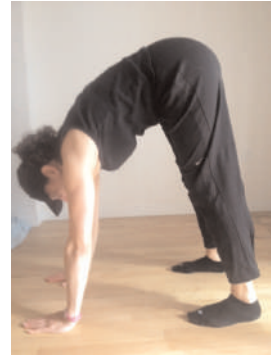


Trunk Stability Exercises

Inclined push-up



Push up walk out 1



Push up walk out 1



Perform 20 repetitionstwice per day

<http://www.youtube.com/watch?v=ZrqnHXiDIPY>