**Home exercises**

**A person doing a plank exercise

Description automatically generatedSuperman**: Start with laying on your stomach, arms extended above your head. Lift opposite arm/ opposite leg. (5-6 sets of 10)

**Deadbug**: Start laying on your back with arms and legs lifted as shown in the picture below. Lower opposite arm/ opposite leg. (5-6 sets of 10)

A person doing a leg raise

Description automatically generated with medium confidence

**Side plank with dips**: Start in a side plank. Lower and lift your pelvis (5-6 sets of 10)

A person doing push ups

Description automatically generatedA person lying on his stomach

Description automatically generated Regular version Modified version: Bent knees

A person lying down with a tattoo on her neck

Description automatically generatedB**egin with laying on these rollers for 3 minutes a day, on under the neck and one under the low back. Increase the time by a minute everyday until you have reached 15-20 minutes.**

A person's leg in a black tights

Description automatically generated