



Masula Chiropractic
30 Philadelphia Drive # A

Chico, CA 95973
530-342-6441

530-342-5441

Client :
Client ID :
Date : Friday, March 6, 2026



Bridae

Lie on back with knees bent and feet flat on the floor.
Place arms 45° at sides with palms up.
From a pelvic tilt position and maintaining abdominal hollowing, squeeze buttocks and slowly raise pelvis up off floor into a bridge position.
Shoulder blades should remain on floor.
Hold at end position, then lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Seated Abs

Sitting holding on to sides of chair and leaning slightly backward.
Maintain an abdominal hollow and bring knees in toward chest.
Slowly straighten knees, not allowing abs to lose their tone.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Cat / Camel

On hands and knees.
Let stomach muscles relax and spine sag down.
Suck stomach muscles up and in and arch spine up toward the ceiling like a 'mad cat'.
Lower back down and repeat.
Move within your pain free range of motion.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Abdominal Hollowing Supine

Lying on back, knees bent with feet flat on the floor.
Arms 45° at sides with palms up.
Suck stomach in as if to be bringing bellybutton to the spine.
Should feel stomach muscles tighten 2" inside pelvic bone.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31