



FOR EACH EXERCISE VARIATION (unless noted):

HOLD : work up to 2 sec, then to 5 sec each. Then work up to:

- 1 SET of 10 REPS
- 2 SETS of 10 REPS
- 3 SETS of 10 REPS, then

- 1 SET of 20 REPS
- 2 SETS of 20 REPS
- 3 SETS of 20 REPS

Move on to the next exercise variation if you complete 3 sets of 20 and pain free/bearable.

Return to lower level if new leg numbness and tingling.

Stop if new weakness, & see Dr.

