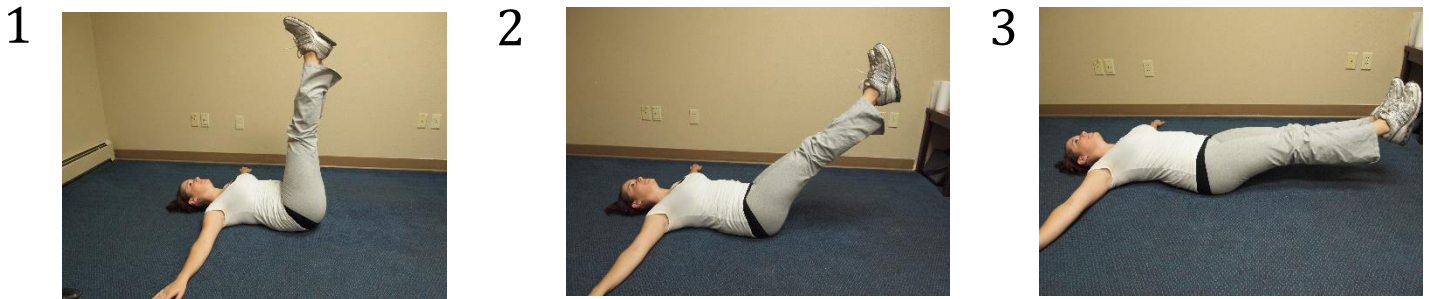




Rehabilitative Exercises | Core Exercises

A4 Windmill Wipers



- 1- With your back against the floor, raise your legs straight up.
- 2- Use outstretched arms on the floor to brace yourself. Slowly lower straightened legs down.
- 3- Before your legs touch the ground, quickly raise legs to original position.
Repeat ____ times. Do ____ sets each day.
- 4- To increase the intensity of this exercise, add hand weights. Weights should never be more than 5 lbs.