
STIFFNESS EXERCISES

Cues for the Birddog, Side Bridge & Modified Curl-Up

General Rules:

- 10 seconds ON/ 10 seconds OFF
- Perfect Posture EVERY REP
- High Tension at all time
- Circuit of 4 ,3, then 2
- Never exceed 10 sec, but you can add reps
- Do them daily within an hour of waking up

Side Bridge

- Form the Triangle (forearm, hips, & knees)
- Press the ground away (elbow)
- Ribs up (posture)
- Drive hips/ Crush a Quarter b/w your Cheeks
- Pull your whole body LIGHTLY “headward”

Birddog

- Stiff Coffee Table (Some’s eating off your back)
- Drive the **heel** through the wall behind you
- Push the Sand with your Big Toe
- Grab the “Perp”/ Crack the Walnut
- Deep Breaths

Modified Curl-Up

- Your spine remains straight like a “Jack Arm”
- Hands support the Back
- Drive the elbows to LIGHTEN the blade tips
- LIGHTEN the head from the ground
- Keep posture and lighten the elbows
- Deep Exhale

NOTE:

Hi, I’m Dr. Sebastian Gonzales. You may be questioning why these exercises are being forced upon you. These 3 exercises have **been proven** to have a greater affect on back pain and prevention than any stretch or self myofascial release. I’ve had back pain, calf numbness, hamstring tears, and hip pain... I’ve treated many officers...I know the aches you’re going to have as an officer. If you develop an ache or pain over the course of your academy, come see me after.

Allow me to help you create a pain-free career on the force.

- Dr. Sebastian Gonzales DC, DACBSP®, CSCS

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