

20-30 Sec. Side Planks



8-10 Extension Exercises



10-15 Cat & Camels



10 Quadruped
Arm/Leg Raises
(Each Side)



Sciatica Back Pain Exercises

Perform 2-3 Sets

10-30 Sec. Standing
Hamstring Stretches
(Each Leg)



5-8 Gluteal Stretches