



Day Of Week	Exercise	Sets	Reps/Time	Rest
<b>Monday</b>	Diaphragmatic breathing	3	60s	
	Unsupported 3 Month Supine	3	15s	30s
<b>Tuesday</b>	Diaphragmatic breathing	2	60s	
	Unsupported 3 Month Supine	3	30s	30s
<b>Wednesday</b>	Diaphragmatic Breathing	1	60s	
	Unsupported 3 Month Supine	3	15s	
	Unsupported 3 Month Supine with Leg Differentiation	3	3x/leg	2mins
<b>Thursday</b>	Diaphragmatic Breathing	1	60s	
	Unsupported 3 Month Supine	3	15s	
	Unsupported 3 Month Supine with Leg Differentiation	3	5x/leg	2mins
<b>Friday</b>	Unsupported 3 Month Supine	3	60s	
	Unsupported 3 Month Supine with Leg Differentiation	3	5x/leg	60s
	Unsupported 3 Month Supine with Hip Extension	3	15s/leg	60s
<b>Saturday</b>	Unsupported 3 Month Supine	3	60s	
	Unsupported 3 Month Supine with Leg Differentiation	3	5x/leg	60s
	Unsupported 3 Month Supine with Hip Extension	3	15s/leg	60s