Quadruped:
One of the Big 3 for Spine Stability:
Works abdominal muscles, back extensors, glutes and shoulders

Quadruped Start
On all fours with hands under shoulders and knees under hips maintain a flat back.

Quadruped Finish
Squeeze abdominal muscles and “brace”. Extend the opposite hand and leg. i.e. left arm and right leg.

Hold for 1-2 seconds then return to start position. Repeat 10-15 times then switch

Quadruped Modification Finish
An easier progression is to perform just one half of the movement. Either just the leg lift then the arm by themselves.
Side Plank:
Primarily works Transverse Abdominis, Glute Medius, and External and Internal Obliques.
Second of the big 3

Side Plank Finish
Place elbow directly under shoulder and maintain a straight line with the body. Lift hips off the floor and hold position working 30 seconds up on 1 min. Switch sides

Side plank on knees modification finish
Performed same as side plank just bend knees to make the exercise easier.
Curl Up:
Final exercise of the big 3 for spine stability. Primarily works the Rectus Abdominis. Performing full sit ups can put up to 750 lbs of compression on the spine. All your need is an inch.

Curl Up Start
Lie on back and bend both knees. Place fingers behind ears to “support” head do not pull.

Curl up finish
Using your abdominal muscles lift your head and neck as one complete unit.
Wall Sit:
Excellent exercise to strengthen the quadriceps. Also doesn’t put a lot of stress on the knees.

Wall Sit

Lean back against a sturdy wall and walk your feet out in front until when you slide down your knees form a right angle. Sit as you were in an invisible chair. Hold for up to 1 min and keep your weight through your heels.

Bridge:
Great exercise that can be done anywhere. Works the Glutes, Hamstrings, and lower back muscles.

Bridge Start

Lie on your back with knees bent

Bridge Finish

Squeeze your rear then lift hips off the floor until a straight line is formed from the knee to hip to shoulder. Hold 3-5 seconds as you maintain contraction in the glutes. Relax and repeat 10-15 times.
Single Leg Touchdown:
This exercise is great for developing balance along with strengthening the hamstrings, back as well as ankle and knee stabilizers.

Single Leg Touchdown Start

Place an object in front of your right toe. The shorter the object the more challenging. When starting perform this next to a wall or something you can put your hand on if you lose your balance.

Single Leg Touchdown Finish

Maintaining a flat back and a slight bend in the right knee, reach down toward the object in front of your right toe. Lift the opposite leg in equal proportion to the arm moving down to act as counter weight. Hinge in the hip and return to full upright position then repeat 10-12 times. Switch legs.