



Pelvic Tilt

Start lying on your back with your knees bent and feet flat on the floor. Normally there is a little space or arch in the lower back in this position. Tighten your glutes and lift the lower sacrum up to flatten your spine to the floor. Try to contract your abs as you squeeze your stomach and glutes. Relax and re-arch your spine and repeat.

Repeat 5-10 times
Complete 3-5 sets

Hold 3-5 seconds
Perform 3 times a week



Crunch

While lying on your back with your hands by your sides, partially curl up your trunk and lift your shoulder blades off the ground. Then slowly return to lying down. Do not lift all the way up.

Repeat 10 times
Complete 3 sets

Hold 1 second
Perform 3 times a week



Glute Bridge

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat. Do not raise your hips higher than your knees.

Repeat 10 times
Complete 3 sets

Hold 5 seconds
Perform 3 times a week



Side Plank

While lying on your side with your knees bent, lift your body up on your forearm and knees. Try and maintain a straight spine. Your neck, shoulders, hips, and knees should be in a straight line.

Repeat 5 times
Complete 3 sets

Hold 30 second
Perform 3 times a week



Bird dog Alternate Arm/Leg

While in a quadrupedal position, slowly lift your leg and opposite arm upwards. When returning your arm and leg down, do not touch the floor but instead touch your elbow to your opposite knee and lift and straighten them again. Then set them down on the floor. Next, perform on the other side and repeat.

Repeat 10 times
Complete 3 sets

Hold 1 second
Perform 3 times a week



Dead Bug

While lying on your back with your knees and hips bent to 90 degrees, use your stomach muscles and maintain pelvic neutral position pushing your lower back into the ground. Do not allow your spine to move.

Hold pelvic neutral and then slowly straighten out a leg without touching the floor. At the same time raise an opposite arm over head. Do not allow your spine to arch during this movement. Return to starting position and then repeat on the opposite side.

Repeat 10 times
Complete 3 sets

Hold 1 second
Perform 3 times a week