

STEP 1



STEP 2



### Supine Pelvic Tilt

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin by lying on your back with your knees bent and feet resting on the floor.

#### Movement

Slowly tilt your pelvis forward, then tilt it back to neutral, and tilt it backward. Repeat these movements.

#### Tip

Make sure to concentrate your movements only on your pelvis.

STEP 1



### Hooklying Transversus Abdominis Palpation

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 4**

#### Setup

Begin lying on your back with your legs bent and feet resting on the ground.

#### Movement

Place your fingers just inside the bones on the front of your pelvis. Exhale, and gently pull the muscles under your fingers in. Relax and repeat.

#### Tip

Make sure to draw in rather than push out your muscles. This should be a subtle movement.

STEP 1



STEP 2



STEP 3



### Hooklying Small March

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 4**

#### Setup

Begin lying on your back with your knees bent and feet resting on the floor.

#### Movement

Lift one foot off the floor a few inches, keeping your knee bent, then lower it back down and repeat with the other leg.

#### Tip

Make sure to keep your low back flat against the floor during the exercise.

STEP 1



STEP 2



### Quadruped Cat Camel

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 4**

#### Setup

Begin on all fours with your arms directly under your shoulders.

#### Movement

Slowly sag your back down to the floor, then round your back up toward the ceiling and repeat.

#### Tip

Make sure to use your entire back for the motion and keep your movements slow and controlled.

STEP 1



STEP 2



### Quadruped Transversus Abdominis Bracing

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 4**

#### Setup

Begin on all fours.

#### Movement

Gently release your abdominal muscles, letting your belly relax toward the floor. Then tighten your muscles, pulling your navel in and up towards your spine. Then relax and repeat.

#### Tip

Make sure not to hold your breath as you tighten your muscles

STEP 1



STEP 2



### Quadruped Alternating Leg Extensions

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 4

#### Setup

Begin on all fours with your arms under your shoulders and knees under your hips.

#### Movement

Extend your leg straight back so that it is parallel with the ground and your toes are pointing toward the floor. Hold briefly, then return to the starting position and repeat with the opposite leg.

#### Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise. Do not let your trunk rotate while moving your leg.

STEP 1



STEP 2



STEP 3



### Quadruped Alternating Shoulder Flexion

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 4

#### Setup

Begin on all fours.

#### Movement

Engage your abdominal muscles and raise one arm forward, keeping your trunk rigid. Hold briefly, then lower it back down and repeat with the opposite arm.

#### Tip

Make sure to keep your core engaged and do not arch your back during the exercise.

STEP 1



STEP 2



### Bird Dog

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 4

#### Setup

Begin on all fours, with your arms positioned directly under your shoulders.

#### Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

#### Tip

Make sure to keep your abdominals tight and hips level during the exercise.

STEP 1



STEP 2



STEP 3



### Dead Bug

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 4

#### Setup

Begin lying on your back with your legs bent.

#### Movement

Lift your legs and arms off the ground, keeping your knees bent. Lower one arm to the ground and lower your opposite leg at the same time. Repeat with your opposite arm and leg, then continue this movement.

#### Tip

Make sure to keep your abdominals stiff as you lower your arm and leg, and do not let your low back arch off the ground.