

BRIDGE - BRIDGING



While lying on your back with knees bent, tighten your lower abdominal muscles, 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.

The goal is to hold this position for 60 seconds. Once you can do that you can progress to the single leg bridge.

Repeat 6 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



VIDEO

PLANK - KNEES



While lying face down, lift your body up on your elbows and knees. Try and maintain a straight spine.

The goal is to hold this position for 60 seconds. Once you can, you can progress to the intermediate plank.

Repeat 6 Times
Hold 10 Seconds
Complete 1 Set
Perform 3 Times a Week



VIDEO

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. 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.

Try to alternate back and forth holding your legs off the floor and bent at 90 degrees for 30 seconds. Rest and then repeat 3 times.

Perform 3 Times a Week



VIDEO



PELVIC CLOCK AT 12 - POSTERIOR PELVIC TILT

Lie on your back with your knees bent and your feet flat on the ground approximately pelvis width apart.



Next, imagine a clock on your stomach/pelvis area. Tilt your pelvis so that the clock tips towards 12 o'clock (posterior tilt) and your low back presses firmly against the floor.

Have your thumbs placed on the front of your pelvic bone (ASIS) so you can feel the movement. During the movement your pelvis rolls back (posterior tilt) and then back to a relaxed position.

Repeat this with smooth controlled motions.
Don't hold your breath.
Don't lift your hips off the floor.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Times a Day



VIDEO