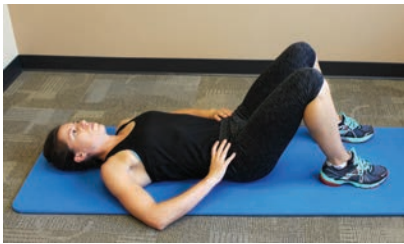


CORE HOME EXERCISE PROGRAM

Supine Posterior Pelvic Tilt

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

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

Movement

Slowly bend your low back and tilt your pelvis backward into the floor, then return to the starting position and repeat.

Tip

Make sure to only move your pelvis and low back and keep the rest of your body relaxed.

Supine March with Posterior Pelvic Tilt

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

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

Movement

Tighten your abdominals to tilt your pelvis backward so your low back is flat against the ground. Slowly raise one of your legs off the floor, keeping your knee bent. Hold, then lower it back to the starting position and repeat with your other leg.

Tip

Make sure to keep your abdominals tight and maintain your pelvic tilt throughout the exercise.

Supine Bridge

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Supine Bridge with Leg Extension

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin lying on your back with your arms resting at your sides, your knees bent, and your feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position. Keeping your trunk stiff, straighten one of your legs and hold. Repeat on opposite leg and return to starting position.

Tip

Make sure to maintain your balance during the exercise and do not let your hips fall towards the ground.

Bird Dog

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin on all fours, with your arms positioned directly under your shoulders and your knees resting on a cushion.

Movement

Straighten your opposite arm and leg at the same time so that your leg and arm are parallel to the floor. Hold briefly before returning to the starting position. Repeat on opposite side and return to starting position.

Tip

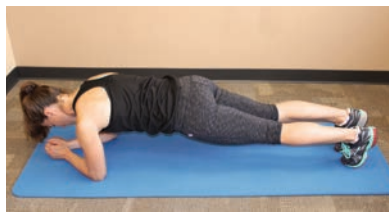
Do not let your trunk twist. Make sure to keep your back straight and chin tucked during the exercise.

Standard Plank

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin on all fours.

Movement

Straighten your legs, moving your body into a plank position, with your feet together and your elbows directly underneath your shoulders. Hold this position.

Tip

Make sure to keep your back straight and look straight down between your hands during the exercise.