

Supine Posterior Pelvic Tilt

REPS: 10	SETS: 3	HOLD: 5	DAILY: 1
WEEKLY: 7			



Setup

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

Movement

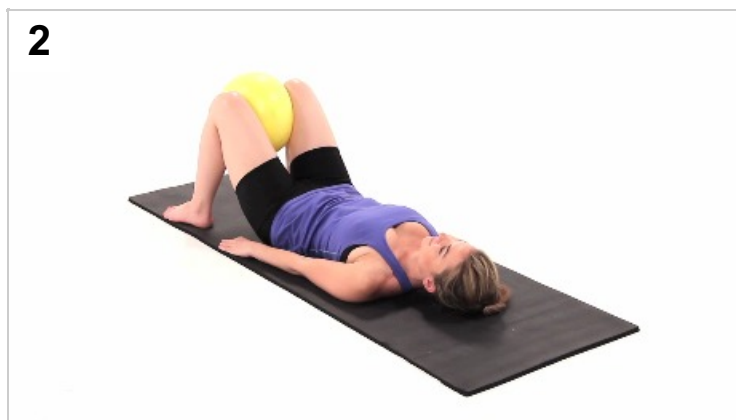
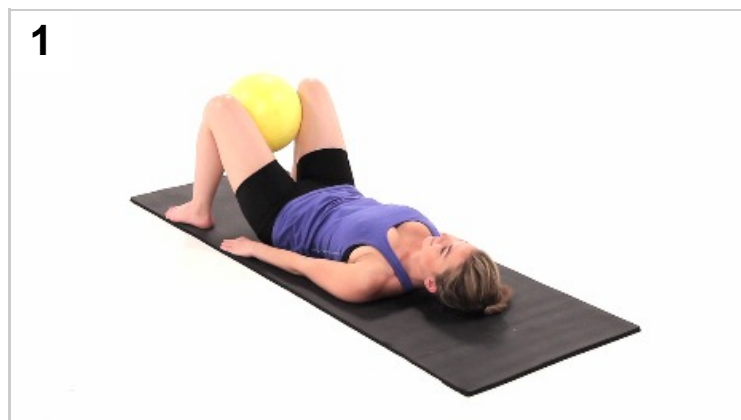
Slowly bend your low back and tilt your pelvis backward into the floor, then return to the starting position and repeat.

Tip

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

Supine Hip Adduction Isometric with Ball

REPS: 10	SETS: 3	HOLD: 5	DAILY: 1
WEEKLY: 7			



Setup

Begin lying on your back with your legs bent, feet resting on the floor, and a soft ball positioned between your knees.

Movement

Squeeze your knees together into the ball, then release and repeat.

Tip

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

Hooklying Isometric Clamshell

REPS: 10	SETS: 3	HOLD: 5	DAILY: 1
WEEKLY: 7			



Setup

Begin by lying on your back with your knees bent and feet resting on the floor, with a resistance band or loop secured around your knees.

Movement

Keep one leg stationary as you draw your other leg outward, and hold.

Tip

Make sure to not to arch your low back during the exercise.

Bent Knee Fallouts

REPS: 10	SETS: 3	HOLD: 5	DAILY: 1
WEEKLY: 7			



Setup

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

Movement

Engage your abdominals and slowly lower one knee towards the ground. Return to the starting position and repeat with the other leg.

Tip

Make sure to breathe and do not allow your hips or trunk to rotate during the exercise.

Hooklying Gluteal Sets

REPS: 10	SETS: 3	HOLD: 5	DAILY: 1
WEEKLY: 7			



Setup

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

Movement

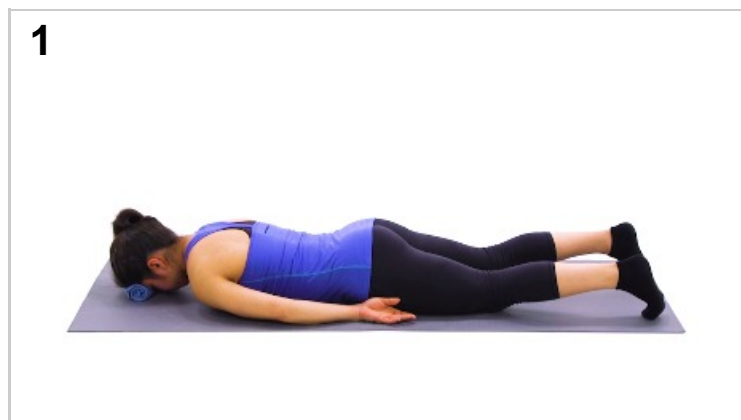
Tighten your buttock muscles, digging your heels into the floor, then release and repeat.

Tip

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

Prone Gluteal Sets

REPS: 10	SETS: 3	HOLD: 5	DAILY: 1
WEEKLY: 7			



Setup

Begin lying on your front with your forehead resting on a towel roll and both legs straight.

Movement

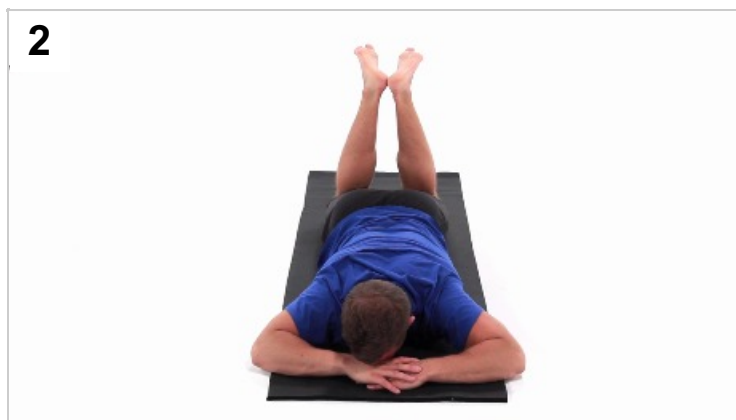
Gently squeeze your buttock muscles, then relax and repeat.

Tip

Make sure not to arch your low back during the exercise and do not hold your breath as you tighten your muscles.

Prone Heel Squeeze

REPS: 10	SETS: 3	HOLD: 5	DAILY: 1
WEEKLY: 7			



Setup

Begin lying on your front with your legs straight.

Movement

Bend your knees to a 90 degree angle, then press your heels together, relax, and repeat.

Tip

Make sure not to let your low back arch during the exercise.