

Pelvic Tilts

Reps: 10 | Hold: 5 seconds | Frequency: 2 times/day

Preparation:

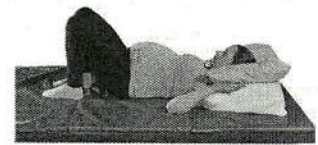
- Lie on your back, knees bent, feet flat

Execution:

- Arch your lower back off the floor
- Arch your lower back into the floor



Arch up



Arch down

Lumbar Rotation AROM + Stretch

Sets: 3 | Reps: 10 | Hold: 10 seconds | Frequency: 2 times/day

Preparation:

- Lie on back, knees bent, feet flat on the floor

Execution:

- Slowly roll both knees to one side until you feel a stretch in your side trunk muscles
- Hold, deep breathe
- Slowly roll both knees to other side



Start position



Roll to one side



Keep shoulder blades in contact with the floor

Classic Crunch | Hands at Chest

Sets: 3 | Reps: 10 | Frequency: Once per day

Preparation:

- Lay on back, knees bent, feet flat
- Arms crossed on chest

Execution:

- Perform a crunch, lifting shoulder blades and upper back off floor
- Bring chin towards chest, chest towards belly button



Arms straight



Lift shoulder blades and upper back,



Bridge | Arms Flat

Sets: 3 | Reps: 10 | Frequency: Once per day

Preparation:

- Lie flat on your back with your arms straight beside you
- Bend knees up so that your feet are flat

Execution:

- Lift your hips up in the air to make a bridge using your arms to stabilize
- Lower down in a controlled manner



Start Position



Lift hips up

Chair Squat (Chair)

Reps: 10 | Frequency: 2 times/day

Preparation:

- Stand in front of a chair or bench, feet shoulder width apart

Execution:

- Perform a squat by bending at the hip
- Stop when your bum touches the chair or bench
- Rise up by straightening at the hip



Start Position



Squat - Bend at the hip,
back flat



Knees aligned with toes



Finish Position



Sidebend Crunch (Dumbbell)

Sets: 3 | Reps: 10 | Frequency: Once per day

Preparation:

- Stand with good posture, feet shoulder width apart.
- Hold dumbbell at side in one hand.
- Can also do without a weight

Execution:

- Slide dumbbell down leg as low as you can, leaning trunk.
- Now lift dumbbell up leg as high as you can, leaning trunk the opposite direction. Do not bend elbow.

Important:

- Do not twist / rotate trunk.



Start position



Crunch toward weighted arm



Crunch away from weighted arm