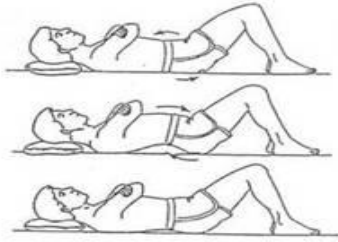


Pelvic and Trunk Exercises

Posterior Pelvic Tilts



Level 1 Lay down with feet on floor and knees bent. Tilt pelvis forward and backward so low back touches the floor.

2 sets 10-12 reps

Level 2 While doing the pelvic tilts hold your legs out.

2 sets 10-12 reps

Level 3 Do the pelvic tilts in a circular motion.

2 sets 10-12 reps

Bridge



Level 1 Lay flat on your back on the floor. Raise buttocks off the floor.

2 sets 10-12 reps

Level 2 While you are in the “Bridge position”, with buttock raised, march your feet.

2 sets 10-12 reps

Level 3 While in the “Bridge position”, extend one leg out and then switch to the opposite leg.

2 sets 10-12 reps



Partial Sit-Ups



Level 1 Do a partial sit-up.

2 sets 10-12 reps



Level 2 Bring up knees to 90 degrees and do a partial sit-up.

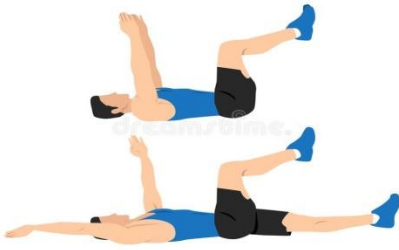
2 sets 10-12 reps



Level 3 With knees bent at 90 degrees, twist and bring opposite elbow to opposite knee.

2 sets 10-12 reps

Deadbug Exercises



Level 1 Lay down with arms up straight in front of you and feet up in the air and knees bent at 90 degrees. First extend one arm up over your head, then the other arm. Then extend one leg out straight, then the other leg.

2 sets 10-12 reps

Level 2 While in the “Deadbug position” extend opposite arm and opposite leg at the same time.

2 sets 10-12 reps

Level 3 Add 3-5 lb. weights to the wrists and ankles and extend opposite arm to opposite leg at the same time.

2 sets 10-12 reps

Prone Opposite Arm and Leg Raises



Level 1 Lay down on stomach with arms and legs extended outwards. First extend one arm up off the floor, then the other arm. Then lift one leg up off the floor, then the other leg.

2 sets 10-12 reps

Level 2 While lying down on your stomach extend opposite arm and opposite leg at the same time.

2 sets 10-12 reps

Level 3 While lying down on your stomach extend both arms and both legs at the same time and do the “Superman.”

2 sets 10-12 reps

Four Point Swimmer



Level 1 Kneel with knees and hands flat on the floor. Extend one arm straight out above your head, alternate to the other arm. Then extend one leg straight out behind you, alternate to the other leg.

2 sets 10-12 reps

Level 2 Get in the starting position and then extend **the right arm** with **the left leg**, alternate to the opposite limbs. Do slow reps.

2 sets 10-12 reps

Planks Side-Bridge (bilateral)



Level 1 Lay down on one side bracing upper body with elbow and forearm on the floor. Push up and hold body in side plank **only from the knees. (Do both sides).**

Hold for 6 seconds.

2 sets 10-12 reps

Level 2 Push up and hold body in side plank **from the feet. (Do both sides).**

Hold for 6 seconds

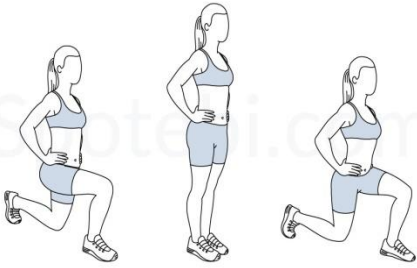
2 sets 10-12 reps

Level 3 Push up and hold body in side plank **from the feet. (Do both sides).**

Hold for 12 seconds.

2 sets 10-12 reps

Forward Lunges



Level 1 Stand upright with feet hip width apart, hands on hips, back straight. Take one step forward and bending back knee, keep forward knee behind the toes. Return to starting position. Alternate with the opposite leg.

2 sets 10-12 reps

Level 2 Do with weights.

2 sets 10-12 reps