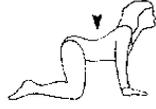


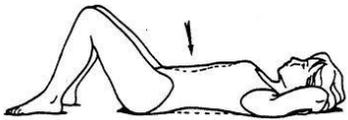
Cat camel

- Assume the all 4's position
- Tilt the pelvis forward and look towards the roof
- Then, tilt the pelvis backwards and look towards the floor
- Repeat 10 times



Abdominal hollow

- Lay on your back with your knees bent.
- Draw in your abdomen slightly bringing your belly button closer to your spine.
 - This should feel like a deep tightening in your lower abdomen.
- Hold this position whilst continuing to breathe normally.
- Relax and repeat



Reps: _____
Sets: _____

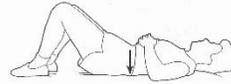
Kegel

- Sitting, lying or standing position.
- Pretend as though you are urinating & try to stop midway.
- You should feel your pelvic floor contract
- Hold this contraction whilst continuing to breathe normally.
- Relax & repeat

Reps: _____
Sets: _____

Pelvic tilt/rocking

- Lye on your back with your knees bent.
- Tilt your pelvis forwards, increasing the arch in your lower back
- Then tilt your pelvis backwards, flattening the arch.



Reps _____
Sets _____

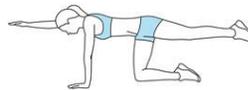
Bird dog

- Position yourself on all 4's.
- Slowly straighten *1 arm* then slowly return it back
- Repeat on opposite side
- Ensure you maintain a 20-30% abdominal brace whilst performing this exercise.

Reps: _____
Sets: _____

Progressions

1. Slowly straighten *1 leg* then slowly return it to start position. Repeat on opposite side.
2. Perform above exercises together using the *opposite arm and opposite leg*.



Dead bug

- Lay on your back with hips and knees bent to 90° with arms by your side with palms face down.
- Slowly straighten one leg then slowly return it to the bent position.
- Repeat on the opposite side.

Reps: _____

Sets: _____

Progressions

- 1) Keeping the legs in the bent position, place your arms with shoulders at 90°. Slowly extend the arm, and then slowly return it to start position. 10 repetitions each side.
- 2) Position as previous progression, straighten one leg at a time. Alternate each side. Keep arms still.
- 3) Perform opposite leg with opposite arm movements at the same time



Figure 26.12 (A) Beginner dead bug on foam, start position. (B) Beginner dead bug on foam.

Side bridge

- Lie on your side, lower forearm on the ground and knees bent.
- Place the hand of the upper arm on the ground for support
- Lift your pelvis off the ground
- Hold this position

Reps: _____

Sets: _____

Progressions

- 1) Place upper hand on your hip
- 2) Straighten knees.

Back extensions

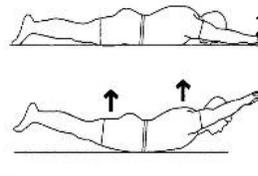
- Lie face down with your hands flat on top of each other in front of your face.
- Keep your neck in the neutral position.
- Keeping your torso stationary, lift your chest several inches off the ground.

Reps: _____

Sets: _____

Progression

1. Place your arms above your head and lift them off the ground as you extend.
2. Lift your legs and arms off the ground as you extend.



McGill Crunch

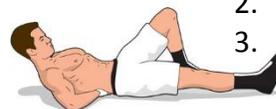
- Lay on your back with one knee bent and the other straight.
- Place your hands in the small of your back with the palms down and elbows touch the ground
- Perform the abdominal brace
- Raise your trunk to a point just below the shoulder blades without curling the spine.
- Ensure that your chin is tucked and note poking out.

Reps: _____

Sets: _____

Progressions

1. Perform with elbows lifted off the floor.
2. Perform with arms crossed over chest.
3. Perform with hands behind head





Front Bridge

- Lie flat on your stomach with your forearms on the ground.
- Lift your abdomen up so it is parallel to the floor
- Keep your forearms and knees in contact with the ground.
- Hold this position.

Progression

1. Lift your knees off the ground so you are on your toes.
2. Lift one foot off the ground. Do each side.



Supine bridge

- Lie in the hook-lying position with your hands by your side and palms down.
- Perform the abdominal Brace and maintain throughout exercise
- Elevate your pelvis so there is a straight line between your knees, hips and shoulders.
- Hold this position

Reps: _____

Sets: _____

Progressions

1. Cross arms over chest
2. Place arms straight out in front of you with shoulders at 90°
3. Elevate one leg with arms in above position

