**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

**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

**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

**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.

**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

**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

**Side bridge**
- Lye 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.

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**Supine bridge**
- Lye 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

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