



Things to consider while performing exercises:

- Avoid straining neck and shoulder muscles
- These exercises may be performed with a resistance band, weighted ball, dumbbells or without resistance
- Slowly return to the start position after completing each repetition
- Hold each exercise for 2-3 seconds
- Recommend 3 sets of 10 repetitions

Pelvic Tilt + Dead Bug March

Bend knees so feet are flat on surface. Use lower stomach muscles to flatten back onto the surface. Keep back flat and slowly raise one bent leg partially up toward the chest. Alternate legs.



Trunk Rotation

Bend knees so feet are flat on surface. Rotate knees as far to one direction as possible. Keep back on surface. Slowly return to start position. Alternate directions.



To increase difficulty, perform with feet on a ball.





Core Strengthening on the Mat

Open/Close Book

Begin on side with arms straight in front and palms touching. Rotate top arm up and out, turning chest and shoulders towards ceiling. Continue rotation as far over as possible while keeping arms straight.



To decrease difficulty, exercise may also be performed with arms folded on chest.



Back Extension

Begin laying on stomach. Set shoulder blades down and back. Lift chest and shoulders off the mat.



To decrease difficulty, exercise may also be performed with elbows and hands down on mat.



Modified Prone to Plank

Press up and back on elbows, tightening the core and lifting trunk until chest is off the mat. Feel body weight transition onto knees. Keep back as straight as possible.

