



ABDOMINAL BRACING - TA ACTIVATION

While lying on your back, press your low back into the floor as you tighten your stomach muscles moving your navel down towards the floor. Place your thumbs 2 inches inward from your pelvic bone so that you can feel the muscle contracting.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 3 Times a Week



DEAD BUG

While lying on your back with your knees and hips bent to 90 degrees, press your low back into the floor as you tighten your stomach muscles moving your navel down towards the floor.

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



At the same time raise an opposite arm over head. Do not allow your spine to arch during this movement.

Return to starting position and then repeat on the opposite side.

Video # VVCUM8M3H



ELASTIC BAND BRIDGE

While lying on your back, hold an elastic band down around your waist as shown.

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week

Press your low back into the floor as you tighten your stomach muscles moving your navel down towards the floor. then raise your buttocks off the floor/bed.

Video # VVHRZ2QP3



ELASTIC BAND - SIDE LYING ABDUCTION

While lying on your side with an elastic band looped around your ankles,

Tighten your stomach muscles then lift the top leg upwards.

Video # VV9SXNR9K

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



ELASTIC BAND - SIDE LYING CLAM SHELL - CLAMSHELL

While lying on your side with your knees bent and an elastic band wrapped around your knees, tighten your stomach then lift the top knee while keeping contact of your feet together as shown.



Do not let your pelvis roll back during the lifting movement.

Video # VVDKJUX4V

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



QUADRUPED ALTERNATE ARM AND LEG WITH ELASTIC BAND - BIRD DOG

Start on all 4 position. Attach an elastic band to one foot and hold the other end with your opposite arm. Begin to perform alternate arm and leg lift on the side with the elastic band attached as shown.



Perform on one side and then perform on the other side.

Video # VVMJ7EVMV

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week