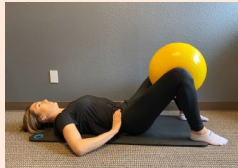# Core Exercises

PELVIC TILT

Lie with your back on the floor in a neutral position with your legs bent and toes facing forward. Pull your belly button in toward your spine, pushing your pelvis up toward the ceiling. Tighten your gluteus and hip muscles as you tilt your pelvis forward. Hold for 5 seconds. Do 3 sets of 10 repetitions.
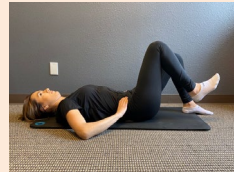
PELVIC TILT W/ SQUEEZE

Lie with your back on the floor in a neutral position with your legs bent and toes facing forward. Pull your belly button in toward your spine, pushing your pelvis up toward the ceiling. Tighten your gluteus and hip muscles as you tilt your pelvis forward. Hold for 15-30 seconds with resistance ball between knees. Do 3 sets of 10 repetitions.

PELVIC TILT W/ BUTTERFLY

Lie with your back on the floor in a neutral position with your legs bent and toes facing forward. Pull your belly button in toward your spine, pushing your pelvis up toward the ceiling. Tighten your gluteus and hip muscles as you tilt your pelvis forward. Do fast squeezes for 30 seconds. Do 3 sets of 5 repetitions.

SUPINE MARCHING

Lie with your back on the floor in a neutral position with your legs bent and toes facing forward. Pull your belly button in toward your spine, pushing your pelvis up toward the ceiling. Tighten your gluteus and hip muscles as you tilt your pelvis forward. March legs individually without moving the pelvis. Do this for 30 seconds. Do 3 sets of 10 repetitions.

BIRD DOG

Start on your hands and knees with your neck aligned with your back. Keep your knees under your hips and your palms beneath your shoulders. Simultaneously extend your right arm and left leg until parallel with the floor. Return to starting position and repeat with left arm and right leg. Continue alternating.

BRIDGES

Lie on your back with your knees bent and feet planted on the ground. Keep your arms parallel to your body and your feet shoulder width apart. Lift your hips until your knees, hips, and shoulders create a straight line. Hold for 3 seconds before returning to starting position. Repeat motion.