

STEP 1



STEP 2



Supine Posterior Pelvic Tilt

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

Setup

- Begin by lying on your back with your knees bent and feet resting on the floor.

Movement

- Slowly bend your low back and tilt your pelvis backward into the floor, then return to the starting position and repeat.

Tip

- Make sure to only move your pelvis and low back and keep the rest of your body relaxed.

STEP 1



STEP 2



Supine Lower Trunk Rotation

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

Setup

- Begin lying on your back with your knees bent and feet resting on the floor.

Movement

- Keeping your back flat, slowly rotate your knees down towards the floor until you feel a stretch in your trunk and hold.

Tip

- Make sure that your back and shoulders stay in contact with the floor.

STEP 1



STEP 2



Supine Single Knee to Chest Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

Setup

- Begin lying on your back with your legs straight.

Movement

- Using your hands, slowly pull one knee toward your chest until you feel a gentle stretch in your lower back.

Tip

- Make sure to keep your back relaxed and flat on the ground during the stretch.