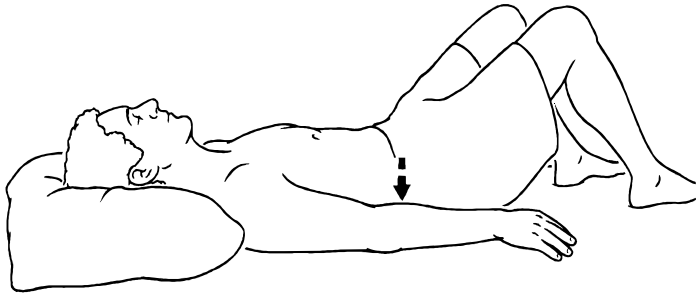


TRUNK STABILITY - 4 Breathing in Neutral Spine

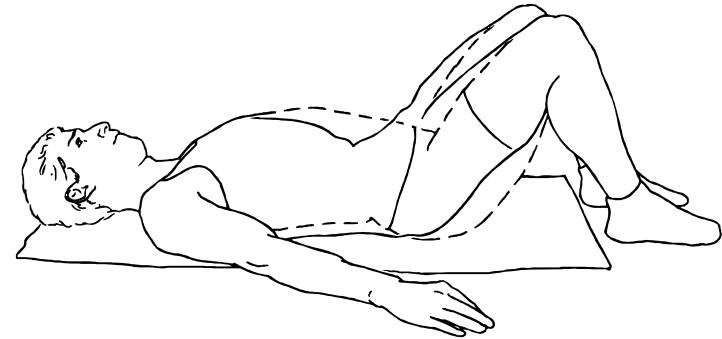


Lie on back with knees bent. As you exhale, pull up on pelvic floor (as in Kegel) abdominals in towards spine. Hold 2-5 seconds. Keep your tail bone down, your buttocks relaxed.

Be sure not to tense your shoulders and neck.

Repeat 10 times per set.

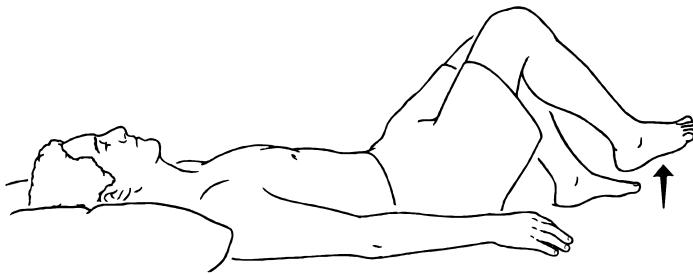
BEGINNER - 3 Coccyx Curl



Lie on back, legs bent. Exhale, pull stomach in, lift pelvic floor, tighten abs then squeeze bottom and roll up through your spine. Inhale, rolling back down through the spine. Allow your head to rock gently while doing this exercise.

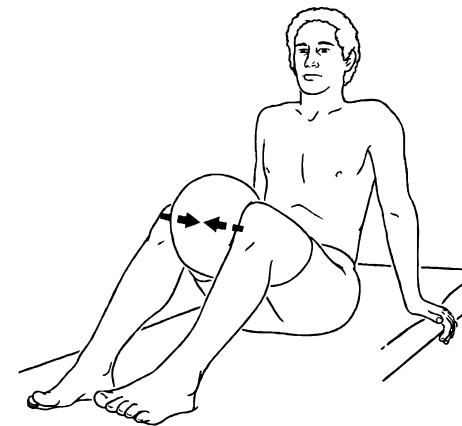
Repeat 6 times.

Table Top Position- Holding



Tighten stomach on the exhale and bring one leg at a time to the table top position. Hold the table top position and breathe in this position, trying to tighten the abdominals as you exhale. Try to move legs out and in slightly, without letting your spine come out of its neutral position. Repeat for 3-4 breaths, then slowly lower one leg at a time back to the start position. You can place your baby on top of your legs on their belly so that they go for a ride.

HIP / KNEE - 16 Strengthening: Hip Adduction – Isometric



Lie on your back with ball or folded pillow between knees, squeeze knees together and release. Remember to pull up your pelvic floor and hold your pelvis in neutral.