



## DIAPHRAGMATIC BREATHING

Lie on a comfortable surface with your knees bent to a comfortable angle, one hand placed on your upper chest, the other on your abdomen. Breathe in through your nose, your abdomen should rise but your upper chest will remain still. Breathe out through your mouth, your abdomen should fall and your upper chest remain still. Repeat.

SETS & REPS: 5-10 minutes

FREQUENCY: Daily



## CROOK-LYING PELVIC TILTS

Lie on your back with your knees bent, feet on the floor and your pelvis and lumbar spine in 'neutral' (1). Tilt your pelvis backwards by flattening your spine and sliding your tailbone towards your feet (2). Hold this contraction while breathing normally for 3 breaths then slowly return to 'neutral' (1). Relax and repeat.



SETS & REPS: 10-20 reps

FREQUENCY: Daily



## SUPINE BRIDGE

Lie on your back with your arms by your side, knees bent and feet flat on the floor (1). Contract your lower abdominals as you raise your hips up until your body and legs are in-line. Squeeze your gluteals and hold for 5 seconds (2). Slowly lower your hips and repeat.



SETS & REPS: 1 x 10

FREQUENCY: 3-5x week



## SUPINE BRIDGE: MED. BALL BETWEEN KNEES

Lie on your back with your arms by your side, knees bent and feet flat on the floor. Place a medicine ball between your knees and contract your gluteals and hamstrings as you raise your hips until your thighs and body are in-line. Squeeze the medicine ball throughout the exercise. Lower and repeat.

SETS & REPS: 1 x 10

FREQUENCY: 3-5 x week



## SUPINE BRIDGE WITH LEG LIFT

Lie on your back with your arms by your side, knees bent and feet flat on the floor. Contract your gluteals and hamstrings as you raise your hips until your thighs and body are in-line (1). Straighten one leg (2) and hold for 5 seconds. Lower your foot back to the floor and alternate legs.



SETS & REPS: 2 x 10

FREQUENCY: 3-5 x week



## ABDOMINAL CRUNCH

Lying on your back with your knees bent and your hands unclasped behind your head, curl your shoulders and upper back off the floor. Slowly lower and repeat.

SETS & REPS: 1 x 10

FREQUENCY: 3-5 x week



## OBLIQUE CRUNCH

Lying on your back with your knees bent and your hands unclasped behind your head, slowly curl your shoulder and upper back off the floor, twisting your trunk to bring your elbow towards your opposite knee. Lower and repeat.

SETS & REPS: 2 x 10

FREQUENCY: 3-5 x week



## DEAD BUGS

Lie on your back with your hips and knees bent to 90°, lumbar spine in 'neutral' and arms straight above you. Contract and hold your lower abdominals (1). Slowly lower one leg until straight while simultaneously lowering your opposite arm to the floor (2). Slowly return to the start position and repeat with the other arm/leg.



SETS & REPS: 2 x 10

FREQUENCY: 3-5 x week