Core Home Exercise Program

Supine Posterior Pelvic Tilt

**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.

Supine March with Posterior Pelvic Tilt

**Setup**
Begin lying on your back with your knees bent and feet on the ground.

**Movement**
Tighten your abdominals to tilt your pelvis backward so your low back is flat against the ground. Slowly raise one of your legs off the floor, keeping your knee bent. Hold, then lower it back to the starting position and repeat with your other leg.

**Tip**
Make sure to keep your abdominals tight and maintain your pelvic tilt throughout the exercise.

Supine Bridge

**Setup**
Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

**Movement**
Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

**Tip**
Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.
Supine Bridge with Leg Extension

Setup
Begin lying on your back with your arms resting at your sides, your knees bent, and your feet flat on the ground.

Movement
Tighten your abdominals and slowly lift your hips off the floor into a bridge position. Keeping your trunk stiff, straighten one of your legs and hold. Repeat on opposite leg and return to starting position.

Tip
Make sure to maintain your balance during the exercise and do not let your hips fall towards the ground.

Bird Dog

Setup
Begin on all fours, with your arms positioned directly under your shoulders and your knees resting on a cushion.

Movement
Straighten your opposite arm and leg at the same time so that your leg and arm are parallel to the floor. Hold briefly before returning to the starting position. Repeat on opposite side and return to starting position.

Tip
Do not let your trunk twist. Make sure to keep your back straight and chin tucked during the exercise.

Standard Plank

Setup
Begin on all fours.

Movement
Straighten your legs, moving your body into a plank position, with your feet together and your elbows directly underneath your shoulders. Hold this position.

Tip
Make sure to keep your back straight and look straight down between your hands during the exercise.