

- 1) BELLY BREATHING 2 X 30 SEC      2) PELVIC TILTS ROTATE ONLY THE PELVIS ANTERIOR AND POSTERIOR, DO NOT TRUST FORWARD WITH RIBS 3 X 10



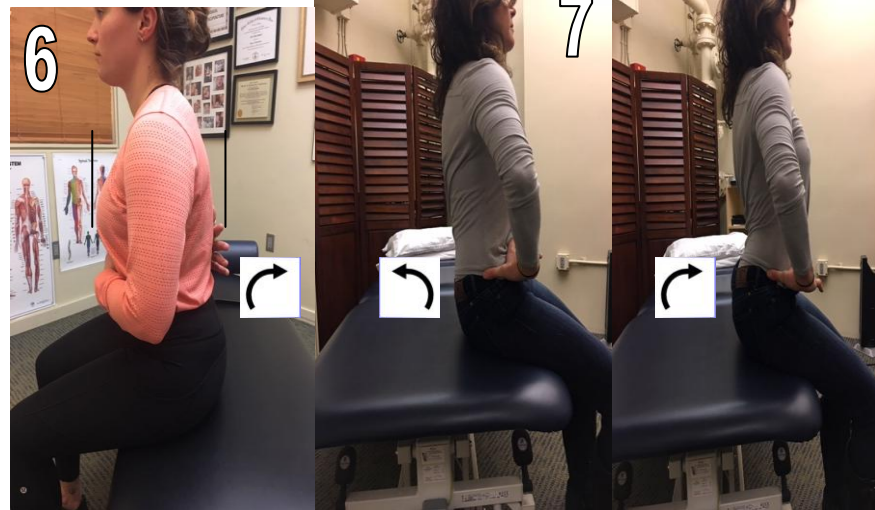
- 3) PELVIC TILTS HOLDING RIBS DOWN 3 X 10      3A) PELVIC TILTS PUSHING PELVIS ANT/POST 3 X 10      4) ANT & POST PELVIC TILTS & GLUTE ENGAGEMENT 4X ALL DAY



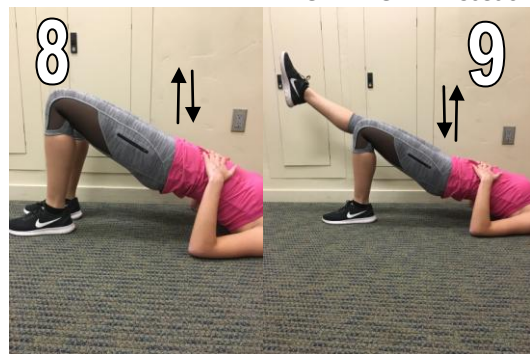
- 6) SEATED PELVIC TILTS, NO THORACIC THRUSTING

- 7) SEATED ANTERIOR AND POSTERIOR PELVIC TILTS

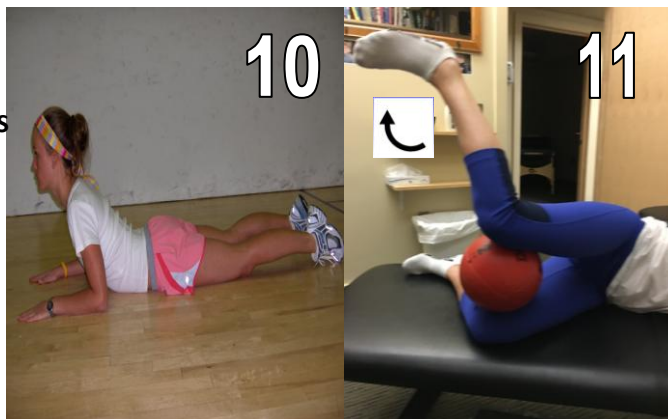
- 8/9) BRIDGES-POST PELVIC TILT, SQUEEZE QUARTER BETWEEN BUTT, COME UP INTO BRIDGE. YOU CAN ONLY DO BRIDGES IF YOUR HAMSTRINGS DO NOT CRAMP.



- 8) BELLY BREATHING BRIDGE 2 X 30 SEC      9) BELLY BREATHING 1 LEG BRIDGE 2 X 15sec SEC



- 10) MCKENZIE EXTENSION EXERCISES, OR PRONE PRESS-UPS KEEP BACK RELAXED, 3X 10 EVERY COUPLE HOURS. DO NOT DO IF YOU GET RADICULAR LEG PAIN, OR SHARP BITING PAIN.



- 11) REV CLAM SHELL GLUTE MED EX. 3 X 10

- 12) UPPER THORACIC EXTENSION WITH BALL, SIT INDIAN STYLE IN FRONT OF BALL WITH YOUR BUTT AS FAR UNDER BALL AS YOU CAN GET IT. PUT YOUR FINGERS BEHIND YOUR NECK, ELBOWS BACK, DO A POSTERIOR PELVIC TILT TO HOLD THE LOWER BACK TIGHT TO THE BALL. DO NOT PUSH YOUR RIBS OR LOWER T-Spine POSTERIOR INTO THE BALL. EXTEND OVER THE BALL WITH UPPER THORACIC SPINE KEEPING YOUR PELVIS POSTERIOR TIGHT TO THE BALL. 3 X 10, 2X/ DAY

