

Notes :

### 1 Stabilization Dead bug



**Sets: 2 Reps: 10 Freq: daily**

Lie on your back with your legs straight and your arms overhead. Bend one leg and the opposite arm and raise them up from the ground with a 90 degree angle at each joint.

Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of a maximal contraction. Maintain a steady abdominal breathing while you open the leg and the arm towards the floor without moving the rest of your body.

Return to the middle slowly and repeat with the other leg and the opposite arm.

### 2 Stabilization Multifidus



**Reps: 6 Freq: daily Hold: 10"**

Get on your hands and knees (four point position) with your knees and hands, hip and shoulders width apart. Your back is in neutral position (slightly arched) and your chin must be tucked in.

Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of a maximal contraction. Maintain a steady abdominal breathing while you simultaneously lift one leg backwards and the opposite arm overhead keeping your back in neutral position.

Return to initial position and repeat with the other leg and arm.

### 3 Modified side plank + clam



**Sets: 2 Reps: 10 Freq: daily**

Position yourself in a modified side plank on your knees.

Support yourself on your elbow that is directly under your shoulder.

Roll the pelvis slightly forward.

From this position, lift the top knee, keeping the feet together.

Do not move your hips as you lift the knee.

### 4 Plank on knees



**Reps: 6 Freq: Daily. Hold: 10"**

Start in all fours then lower yourself on your forearms to be in a straight line-from your knees to your head.

Contract your glutes without arching your lower back. Keep your body in a straight line-from your head to your knees-and your elbows under your shoulders.