

STEP 1



STEP 2



Supine Bridge

REPS: 10 | SETS: 3 | HOLD: 5

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.

STEP 1



STEP 2



Bridge with Straight Leg Raise

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin lying on your back with both legs bent and your feet resting on the ground.

Movement

Tighten your abdominals and lift your hips off the ground into a bridge position. Straighten one leg with your thigh in line with your other leg, then lift your straight leg up several inches. Your body should be in a straight line.

Tip

Make sure your movements are slow and controlled. Do not let your hips drop as you lift your leg.

STEP 1



STEP 2



Supine Transversus Abdominis Bracing with Leg Extension

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin lying on your back with your knees bent, feet resting on the floor, and your fingers resting on your stomach just above your hip bones.

Movement

Tighten your abdominals, pulling your navel in toward your spine and up. You should feel your muscles contract under your fingers. Hold this position, then straighten one knee, holding your leg a few inches off the ground. Bring it back to the starting position and repeat with your other leg.

Tip

Make sure to keep your abdominals tight as you extend your legs. Do not hold your breath during the exercise.

STEP 1



STEP 2



Single Leg Bridge

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin lying on your back with your knees bent and feet on the floor. Lift one leg off the floor, bending your knee to a 90-degree angle.

Movement

Maintaining this position, engage your stomach muscles and slowly lift your hips up into a bridge position. Hold briefly, then lower back down and repeat.

Tip

Make sure to keep your stomach muscles engaged during the exercise. Do not let your back arch or your hips drop to either side.

STEP 1



STEP 2



Supine Bent Leg Lift with Knee Extension

REPS: 10 | SETS: 3 | HOLD: 5

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 bring both of your knees towards your chest, then extend your legs outwards without allowing your feet to touch the floor. Repeat this movement.

Tip

Make sure to keep your trunk stiff and do not let your low back arch during the exercise.

STEP 1



STEP 2



Supine Double Straight Leg Lift

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin laying on your back with arms at your side.

Movement

Keeping your knees straight, tighten your abdominal muscles to lift your feet a small distance from the ground, then lower them back down and repeat.

Tip

Make sure not to arch your back as you lift your legs.