POSTERIOR PELVIC TILT

DIFFICULTY: EASY - ALL FITNESS LEVELS
TYPE: CONDITIONING
GOAL: BUILD CORE STRENGTH

PROCEDURE
1. Lie on your back with your knees comfortably bent and your feet on the floor.
2. Gently flatten the small of your lower back against the surface while contracting your deep abdominals, as if you are pulling your belly button towards your ribs.
3. Hold the tension in your abdominal muscles for 5 seconds while you breathe normally.
4. Release and repeat 10 times.
5. Complete 2 sets once a day.