

STEP 1



## Hooklying Transversus Abdominis Palpation

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 1x

### Setup

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

### Movement

- Place your fingers just inside the bones on the front of your pelvis. Exhale, and gently pull the muscles under your fingers in. Relax and repeat.

### Tip

- Make sure to draw in rather than push out your muscles. This should be a subtle movement.

STEP 1



STEP 2



## Supine Bridge

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 1x

### 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



## Bird Dog

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 1x

### Setup

- Begin on all fours, with your arms positioned directly under your shoulders.

### Movement

- Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

### Tip

- Make sure to keep your abdominals tight and hips level during the exercise.

STEP 1



STEP 2



## Standard Plank

REPS: 1 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 1x

### 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.