1 **Pelvic Tilt:** Lie on your back, bend knees so your feet rest comfortably on the floor. Tighten your stomach muscles, pressing your lower back into the floor, as shown. Hold for 5 seconds, release and repeat.

2 **Supine Leg March:** Lying on your back, tighten your stomach muscles and press your low back into the floor. Slowly raise your right knee up toward your chest, as shown. Hold 5 seconds. Maintaining a tight core, slowly lower you leg and repeat on the opposite side.

- **Advanced:** Try this exercise while holding your straight leg off the floor about 6 inches.
- **Tip:** Don't let your low back come up off the floor.

3 **Bridging:** Lying on your back, bend your knees so your feet rest comfortably on the floor. Tighten your stomach muscles and raise your hips up toward the ceiling, as shown. Return to starting position and repeat.

4 **Leg Up Crunch:** Lie on your back and bring your knees up 90° (put your legs on a chair for support if needed). With your hands behind your ears, lift shoulder blades off the floor by pulling your ribs toward your hips.

- **Tip:** Instead of holding your hands behind your ears, cross your arms on your chest.
- **Tip:** Be careful not to pull on your neck.

5 **Cat Stretch:** Resting on your hands and knees, start with a flat back and tight stomach muscles. Tuck your chin toward your chest and round your back as shown. Reverse by arching your back, sinking your belly toward the floor.

6 **Double Hamstring Stretch:** In a seated position, extend both legs in front of you. Slowly bend at the hips to reach towards the toes until you feel a mild stretch in the back of the legs. If needed, use a towel wrapped around your feet, as shown.

- **Tip:** Keep your legs straight and chest up with a flat back.

Exercise Guidelines:

1. Perform 10-15 repetitions of each exercise.
2. Use slow and controlled movements.
3. Exhale during exertion, inhale during release.
4. Maintain good posture and technique.
5. Perform exercises in an area with adequate space.
6. Discontinue exercise if you experience pain.
7. Use a support for balance as needed.

Stretching Guidelines:

1. Hold each stretch for 20-30 seconds.
2. Hold stretch in a pain free range of motion.
3. Do not bounce, use controlled movements.
4. Do not hold your breath, breathe slowly.

PRECAUTIONS: This information is not intended as a substitute for the advice of a personal healthcare provider. If you have medical conditions requiring attention or which may be aggravated by physical activity, consult your healthcare provider regarding the type of activity that is safe and appropriate for you.

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