

Pelvic Tilt (Strength)



1. Lie on your back on the floor. Keep your knees bent and feet flat on the floor.
2. Tighten your stomach and buttocks, and press your low back toward the floor. This should be a small, subtle movement. It should not be painful. Do not hold your breath.
3. Hold for 5 to 15 seconds. Relax.
4. Repeat 2 to 5 times, or as instructed.



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