

## Week 2 - Rib Control & Hip Integration

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### Purpose of This Week

- Increase pelvic and ribcage control through dynamic positions.
- Introduce basic rotational movements and refine rib-pelvis connection.
- Develop comfort with hip hinging and improve thoracic extension.
- Reinforce breath control and interoceptive feedback.

### Goals for Week 2

- Refine awareness of pelvic and thoracic alignment during movement.
- Improve rotational control through the thoracic spine.
- Enhance stability and control in transitional positions.
- Develop better coordination between breath and movement.

### Tips for Success

- Focus on maintaining neutral pelvis and rib alignment during movement.
- Move deliberately and avoid rushing through drills.
- Pay attention to any asymmetries between sides.
- Prioritize breath control and coordinated timing.

### Day 1: Rib Expansion and Hip Control

Drill Name	Purpose of the Drill
Supine Rib Expansion with Breath	Increase ribcage awareness and diaphragmatic control.
Hooklying Hip Shifts	Build control and awareness of hip shifting patterns.
Side-Lying Hip IR with Breath	Improve internal hip rotation and breath coordination.
Supine 90-90 Leg Lowering	Reinforce core stability and rib-pelvis alignment.
Wall Supported Heel Press	Activate hamstrings to stabilize pelvis and reinforce control.

### Day 2: Thoracic Rotation and Posterior Chain Activation

Drill Name	Purpose of the Drill
Quadruped Reach with Rib Control	Develop thoracic rotation with stable ribcage control.
Seated Hip Hinge with Breath	Improve hinge pattern and maintain core control.
Standing Posterior Weight Shift	Develop posterior weight shift for balanced hip control.
Wall Hamstring Marching	Reinforce posterior chain activation and pelvic control.
Prone Hip IR and Extension Drill	Build awareness of hip rotation and extension.

### Day 3: Pelvic Control and Hip Stability

Drill Name	Purpose of the Drill
Hooklying Pelvic Clocks	Develop subtle awareness and control of pelvic tilt.
Supine Diaphragm Reset with Reach	Refine breath control with active upper body reach.
Seated Spine Rotation with Breath	Increase thoracic rotation with breath control.
Supported Side-Lying Hip Abduction	Improve lateral hip strength and pelvic stability.
Wall Supported Deep Squat Hold	Build confidence in deep squat position while maintaining control.

#### Day 4: Rib Shift and Thoracic Mobility

Drill Name	Purpose of the Drill
Supine Rib Shift with Breath	Enhance ribcage awareness and asymmetrical breath control.
Seated Posterior Pelvic Rocking	Maintain pelvic awareness and improve pelvic rhythm.
Seated Thoracic Flexion/Extension	Develop awareness of spinal flexion and extension.
Supine Hip Shifts with Rib Stability	Build core and hip stability through shifting patterns.
Seated Breath with Pelvic Awareness	Reinforce breath and pelvic positioning control.

#### Day 5: Breath, Rotation, and Pelvic Coordination

Drill Name	Purpose of the Drill
Crocodile Breathing with Rib Expansion	Reinforce full diaphragmatic breath expansion.
Cat-Cow with Rotational Focus	Improve spinal flexion/extension and incorporate rotation.
Seated Spine Twist with Arm Reach	Increase rotational control and scapular mobility.
Supine Marching with Pelvic Control	Strengthen rib-pelvis coordination and core control.
Seated Breath with Hip Shifts	Increase awareness of pelvic shifts while maintaining breath control.

# Week 2 - Day 1

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## Drill 1: Supine Rib Expansion with Breath

### Setup:

- Lie on your back with knees bent, feet flat on the floor.
- Place hands gently on your lower ribs.

### Instructions:

- Inhale deeply into the lower ribs, feeling lateral expansion.
- Exhale softly, allowing ribs to fall naturally.
- Maintain slow, controlled breaths throughout.
- Sets: 2
- Reps: 5–8 breath cycles per set
- Breath: Inhale 3–4 seconds, exhale 4–6 seconds
- Rest: Between sets or as needed

### What to Feel:

- Expansion of ribs during inhale.
- Relaxed breath pattern with minimal chest rise.

### What to Avoid:

- Breathing only into the upper chest.
- Collapsing the ribcage or losing control.

### Red Flags:

- Dizziness or discomfort with breath control.

### Regression:

- Place a pillow under the knees to reduce tension in the lower back.

# Week 2 - Day 1

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## Drill 2: Hooklying Hip Shifts

### Setup:

- Lie on your back with knees bent, feet flat on the floor.
- Place hands gently on your pelvis.

### Instructions:

- Gently shift your pelvis side to side, feeling each hip lift slightly.
- Move slowly and stay within a comfortable range of motion.
- Return to neutral after each shift.
- Sets: 2–3
- Reps: 8–10 controlled shifts
- Breath: Inhale to prepare, exhale during each shift
- Rest: As needed

### What to Feel:

- Subtle shifting of the pelvis.
- Smooth, controlled movements.

### What to Avoid:

- Forcing the shift or losing control.
- Collapsing or tensing excessively.

### Red Flags:

- Pain or discomfort in the hips or low back.

### Regression:

- Reduce range of motion or support knees with a pillow.

# Week 2 - Day 1

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## Drill 3: Side-Lying Hip IR with Breath

### Setup:

- Lie on your side with knees bent and stacked.
- Support your head with a pillow or your arm.

### Instructions:

- Exhale and rotate your top knee inward while keeping the pelvis stable.
- Inhale to return to the starting position.
- Move slowly and maintain control throughout.
- Sets: 2-3
- Reps: 8-10 slow reps per side
- Breath: Exhale during rotation, inhale to return
- Rest: As needed

### What to Feel:

- Internal rotation in the hip.
- Stable pelvis with controlled motion.

### What to Avoid:

- Rolling the pelvis forward or backward.
- Forcing the range of motion.

### Red Flags:

- Sharp pain or discomfort.

### Regression:

- Place a pillow between the knees for added support.

# Week 2 - Day 1

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## Drill 4: Supine 90-90 Leg Lowering

### Setup:

- Lie on your back with hips and knees bent to 90 degrees.
- Arms resting by your sides or placed gently on your ribs.

### Instructions:

- Exhale and slowly lower one leg toward the floor.
- Keep the opposite leg and pelvis stable.
- Inhale to return to the starting position.
- Alternate sides with control.
- Sets: 2-3
- Reps: 8-10 slow reps per side
- Breath: Exhale to lower, inhale to return
- Rest: As needed

### What to Feel:

- Core control and stability.
- Smooth leg movement without pelvic shifting.

### What to Avoid:

- Arching the lower back or losing core engagement.

### Red Flags:

- Low back pain or instability.

### Regression:

- Lower legs less if maintaining control is difficult.

# Week 2 - Day 1

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## Drill 5: Wall Supported Heel Press

### Setup:

- Lie on your back with feet on a wall, knees and hips at 90 degrees.
- Arms resting by your sides or on your ribs.

### Instructions:

- Press both heels gently into the wall.
- Maintain contact with the wall and focus on engaging the hamstrings.
- Hold for 5–10 seconds, then relax.
- Sets: 2–3
- Reps: 5–8 controlled presses
- Breath: Exhale during press, inhale to release
- Rest: 20–40 seconds between sets

### What to Feel:

- Hamstring activation and subtle core engagement.

### What to Avoid:

- Pressing too hard or lifting the pelvis.

### Red Flags:

- Cramping or sharp discomfort.

### Regression:

- Move feet slightly lower on the wall to reduce intensity.



## Week 2 - Day 2

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### Drill 1: Quadruped Reach with Rib Control

#### Setup:

- Start in a quadruped position, hands under shoulders, knees under hips.
- Maintain a neutral spine with ribs aligned.

#### Instructions:

- Inhale to prepare.
- Exhale and slowly reach one arm forward while maintaining rib control.
- Return to the starting position and alternate sides.
- Sets: 2–3
- Reps: 8–10 slow reps per side
- Breath: Exhale during the reach, inhale to return
- Rest: As needed

#### What to Feel:

- Stability through the ribs and core.
- Smooth, controlled motion with no rib flaring.

#### What to Avoid:

- Losing rib control or arching the lower back.

#### Red Flags:

- Pain or discomfort in the shoulders or low back.

#### Regression:

- Reduce range of motion if control is difficult.

## Week 2 - Day 2

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### Drill 2: Seated Hip Hinge with Breath

#### Setup:

- Sit on a firm chair, feet flat, hands resting on your thighs.

#### Instructions:

- Inhale to prepare.
- Exhale and hinge forward from the hips while maintaining a neutral spine.
- Return to the starting position with control.
- Sets: 2–3
- Reps: 8–10 controlled reps
- Breath: Exhale to hinge, inhale to return
- Rest: As needed

#### What to Feel:

- Stretch in the hamstrings and engagement through the core.

#### What to Avoid:

- Rounding or arching the back.

#### Red Flags:

- Pain or discomfort in the low back.

#### Regression:

- Place hands on a table for additional support.

## Week 2 - Day 2

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### Drill 3: Standing Posterior Weight Shift

#### Setup:

- Stand with feet hip-width apart, knees slightly bent.

#### Instructions:

- Exhale and shift your weight slightly backward into your heels.
- Maintain a neutral spine as you shift.
- Return to center with control.
- Sets: 2–3
- Reps: 8–10 slow shifts
- Breath: Exhale during the shift, inhale to return
- Rest: As needed

#### What to Feel:

- Engagement of hamstrings and posterior chain.

#### What to Avoid:

- Leaning too far back or losing balance.

#### Red Flags:

- Pain or discomfort in knees or back.

#### Regression:

- Perform near a wall for added balance.

## Week 2 - Day 2

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### Drill 4: Wall Hamstring Marching

#### Setup:

- Lie on your back with feet on a wall, knees and hips at 90 degrees.

#### Instructions:

- Exhale and gently press one heel into the wall.
- Lift the opposite foot slightly off the wall.
- Return to starting position and switch sides.
- Sets: 2–3
- Reps: 8–10 slow marches per side
- Breath: Exhale during lift, inhale to return
- Rest: As needed

#### What to Feel:

- Hamstring engagement and pelvic stability.

#### What to Avoid:

- Losing pelvic control or arching the lower back.

#### Red Flags:

- Pain or discomfort in hips or low back.

#### Regression:

- Keep both feet on the wall if maintaining stability is difficult.

## Week 2 - Day 2

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### Drill 5: Prone Hip IR and Extension Drill

#### Setup:

- Lie on your stomach with legs extended straight.

#### Instructions:

- Inhale to prepare.
- Exhale and gently rotate one leg inward (hip internal rotation).
- Inhale to return to neutral and switch sides.
- Sets: 2–3
- Reps: 8–10 slow reps per side
- Breath: Exhale during rotation, inhale to return
- Rest: As needed

#### What to Feel:

- Subtle activation in the hips and pelvis.

#### What to Avoid:

- Over-rotating or losing control.

#### Red Flags:

- Pain or discomfort in the hips.

#### Regression:

- Place a pillow under the pelvis for support.

## Week 2 - Day 3

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### Drill 1: Hooklying Pelvic Clocks

#### Setup:

- Lie on your back with knees bent, feet flat on the floor.
- Hands resting on your pelvis for feedback.

#### Instructions:

- Inhale to prepare.
- Exhale and slowly tilt the pelvis forward and backward.
- Move gently as if tracing a clock face with your pelvis.
- Sets: 2–3
- Reps: 8–10 slow reps
- Breath: Exhale during movement, inhale to return
- Rest: As needed

#### What to Feel:

- Smooth, controlled motion through the pelvis.

#### What to Avoid:

- Jerky or forced movement.

#### Red Flags:

- Pain or discomfort in the low back.

#### Regression:

- Reduce range of motion if needed.

## Week 2 - Day 3

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### Drill 2: Supine Diaphragm Reset with Reach

#### Setup:

- Lie on your back with knees bent, feet flat on the floor.
- Arms reaching straight up to the ceiling.

#### Instructions:

- Inhale deeply into the ribs.
- Exhale and gently reach toward the ceiling while maintaining rib control.
- Return to the starting position.
- Sets: 2–3
- Reps: 8–10 slow reps
- Breath: Exhale during reach, inhale to return
- Rest: As needed

#### What to Feel:

- Activation of core and ribcage stability.

#### What to Avoid:

- Flaring the ribs or arching the back.

#### Red Flags:

- Pain or discomfort in the shoulders or ribs.

#### Regression:

- Reduce the range of motion if needed.

## Week 2 - Day 3

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### Drill 3: Seated Spine Rotation with Breath

#### Setup:

- Sit upright in a firm chair, feet flat, hands on your chest.

#### Instructions:

- Inhale to prepare.
- Exhale and rotate your upper body to one side while maintaining rib control.
- Return to center and alternate sides.
- Sets: 2–3
- Reps: 8–10 slow reps per side
- Breath: Exhale during rotation, inhale to return
- Rest: As needed

#### What to Feel:

- Controlled rotation through the thoracic spine.

#### What to Avoid:

- Over-rotating or losing core control.

#### Red Flags:

- Pain or discomfort in the spine or ribs.

#### Regression:

- Reduce the range of rotation if needed.



## Week 2 - Day 3

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### Drill 4: Supported Side-Lying Hip Abduction

#### Setup:

- Lie on your side with knees slightly bent and stacked.
- Support your head with a pillow or your arm.

#### Instructions:

- Exhale and lift your top leg slightly while maintaining pelvic stability.
- Inhale to return to the starting position.
- Move slowly and maintain control throughout.
- Sets: 2–3
- Reps: 8–10 slow reps per side
- Breath: Exhale during lift, inhale to return
- Rest: As needed

#### What to Feel:

- Activation of the lateral hip muscles.

#### What to Avoid:

- Rolling the pelvis backward or forward.

#### Red Flags:

- Pain or discomfort in the hips.

#### Regression:

- Place a pillow between the knees for added support.

## Week 2 - Day 3

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### Drill 5: Wall Supported Deep Squat Hold

#### Setup:

- Stand facing a wall, feet slightly wider than hip-width.
- Toes pointing slightly outward.

#### Instructions:

- Inhale to prepare.
- Exhale and slowly lower into a deep squat while maintaining rib and pelvic control.
- Hold the position briefly and return to standing.
- Sets: 2–3
- Reps: 5–8 slow reps
- Breath: Exhale during descent, inhale to rise
- Rest: As needed

#### What to Feel:

- Opening through the hips and stability through the core.

#### What to Avoid:

- Collapsing the chest or flaring the ribs.

#### Red Flags:

- Pain or discomfort in knees or hips.

#### Regression:

- Perform a partial squat if full depth is uncomfortable.

## Week 2 - Day 4

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### Drill 1: Supine Rib Shift with Breath

#### Setup:

- Lie on your back with knees bent, feet flat on the floor.
- Place hands on your lower ribs for feedback.

#### Instructions:

- Inhale deeply, expanding the ribs laterally.
- Exhale and gently shift the ribs side to side.
- Return to center before switching sides.
- Sets: 2–3
- Reps: 8–10 slow shifts per side
- Breath: Exhale during shift, inhale to return
- Rest: As needed

#### What to Feel:

- Subtle motion through the ribs with minimal effort.

#### What to Avoid:

- Arching the back or tensing the neck.

#### Red Flags:

- Pain or discomfort in the ribs or spine.

#### Regression:

- Reduce range of motion if needed.

## Week 2 - Day 4

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### Drill 2: Seated Posterior Pelvic Rocking

#### Setup:

- Sit upright in a firm chair, feet flat, hands on thighs.

#### Instructions:

- Inhale to prepare.
- Exhale and rock pelvis backward (posterior tilt), then forward (anterior tilt).
- Move smoothly and maintain control.
- Sets: 2-3
- Reps: 8-10 slow reps
- Breath: Exhale during rocking, inhale to return
- Rest: As needed

#### What to Feel:

- Smooth motion through the pelvis and lumbar spine.

#### What to Avoid:

- Jerky or rushed movements.

#### Red Flags:

- Pain or discomfort in the lower back.

#### Regression:

- Place hands on hips for additional feedback.

## Week 2 - Day 4

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### Drill 3: Seated Thoracic Flexion/Extension

#### Setup:

- Sit upright on a firm chair, feet flat, hands on your chest.

#### Instructions:

- Inhale to prepare.
- Exhale and gently flex forward through the upper back.
- Inhale and extend through the thoracic spine, lifting the chest.
- Move smoothly between positions.
- Sets: 2–3
- Reps: 8–10 slow reps
- Breath: Exhale during flexion, inhale to extend
- Rest: As needed

#### What to Feel:

- Controlled flexion and extension through the thoracic spine.

#### What to Avoid:

- Overarching or collapsing posture.

#### Red Flags:

- Pain or discomfort in the spine.

#### Regression:

- Perform with arms crossed for less strain.

## Week 2 - Day 4

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### Drill 4: Supine Hip Shifts with Rib Stability

#### Setup:

- Lie on your back with knees bent, feet flat.
- Arms resting by your sides or on ribs for feedback.

#### Instructions:

- Exhale and gently shift the pelvis side to side.
- Keep ribcage and pelvis aligned throughout.
- Return to center after each shift.
- Sets: 2–3
- Reps: 8–10 slow reps per side
- Breath: Exhale during shift, inhale to return
- Rest: As needed

#### What to Feel:

- Subtle control through hips and core.

#### What to Avoid:

- Losing rib control or over-shifting.

#### Red Flags:

- Pain or discomfort in the hips or low back.

#### Regression:

- Limit range of motion if needed.

## Week 2 - Day 4

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### Drill 5: Seated Breath with Pelvic Awareness

#### Setup:

- Sit upright on a firm chair, feet flat.
- Hands gently on lower ribs or pelvis.

#### Instructions:

- Inhale deeply into the belly and ribs.
- Exhale while maintaining pelvic and rib control.
- Repeat with smooth, controlled breathing.
- Sets: 2
- Reps: 5–8 breath cycles per set
- Breath: Inhale 3–4 seconds, exhale 4–6 seconds
- Rest: Between sets or as needed

#### What to Feel:

- Connection between breath, pelvis, and ribcage.

#### What to Avoid:

- Overarching or collapsing posture.

#### Red Flags:

- Difficulty maintaining control.

#### Regression:

- Use a pillow for lumbar support.

## Week 2 - Day 5

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### Drill 1: Crocodile Breathing with Rib Expansion

#### Setup:

- Lie face down with forehead resting on your hands.
- Legs extended, toes pointing slightly outward.

#### Instructions:

- Inhale deeply, feeling your belly press into the floor.
- Exhale softly, allowing ribs to relax and fall.
- Focus on lateral rib expansion during inhale.
- Sets: 2
- Reps: 5–8 breath cycles per set
- Breath: Inhale 3–4 seconds, exhale 4–6 seconds
- Rest: Between sets or as needed

#### What to Feel:

- Expansion of the lower ribs and belly.

#### What to Avoid:

- Shallow chest breathing or tension.

#### Red Flags:

- Dizziness or discomfort.

#### Regression:

- Place a pillow under the belly for support.



## Week 2 - Day 5

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### Drill 2: Cat-Cow with Rotational Focus

#### Setup:

- Begin in a quadruped position, wrists under shoulders, knees under hips.

#### Instructions:

- Inhale and arch your back, lifting the chest (Cow).
- Exhale and round your spine, tucking pelvis and chin (Cat).
- Add gentle thoracic rotation by reaching one arm toward the ceiling on each side.
- Sets: 2–3
- Reps: 8–10 slow reps
- Breath: Inhale to extend, exhale to flex
- Rest: As needed

#### What to Feel:

- Fluid motion through the spine and increased rotation.

#### What to Avoid:

- Overarching or collapsing posture.

#### Red Flags:

- Pain or discomfort in the spine.

#### Regression:

- Limit rotation if control is difficult.

## Week 2 - Day 5

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### Drill 3: Seated Spine Twist with Arm Reach

#### Setup:

- Sit upright in a firm chair, feet flat, hands crossed over your chest.

#### Instructions:

- Inhale to prepare.
- Exhale and rotate your upper body to one side while reaching one arm forward.
- Return to center and switch sides.
- Sets: 2–3
- Reps: 8–10 slow reps per side
- Breath: Exhale during rotation, inhale to return
- Rest: As needed

#### What to Feel:

- Controlled thoracic rotation with scapular motion.

#### What to Avoid:

- Over-rotating or losing rib control.

#### Red Flags:

- Pain or discomfort in the spine.

#### Regression:

- Perform without arm reach if needed.

## Week 2 - Day 5

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### Drill 4: Supine Marching with Pelvic Control

#### Setup:

- Lie on your back with knees bent, feet flat.
- Hands resting by your sides or on lower ribs.

#### Instructions:

- Exhale and lift one knee toward the chest while maintaining rib and pelvis control.
- Return to starting position and switch sides.
- Sets: 2–3
- Reps: 8–10 slow reps per side
- Breath: Exhale during lift, inhale to return
- Rest: As needed

#### What to Feel:

- Core and pelvis control with smooth leg motion.

#### What to Avoid:

- Arching the back or losing pelvic control.

#### Red Flags:

- Pain or discomfort in the hips or low back.

#### Regression:

- Limit leg lift height if needed.

## Week 2 - Day 5

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### Drill 5: Seated Breath with Hip Shifts

#### Setup:

- Sit upright on a firm chair, feet flat.
- Hands resting on your pelvis or thighs.

#### Instructions:

- Inhale deeply, maintaining pelvic and rib control.
- Exhale and gently shift the pelvis side to side.
- Return to center between each shift.
- Sets: 2
- Reps: 5–8 slow shifts per set
- Breath: Inhale to prepare, exhale during shift
- Rest: Between sets or as needed

#### What to Feel:

- Connection between breath, pelvis, and ribcage.

#### What to Avoid:

- Over-shifting or losing control.

#### Red Flags:

- Pain or discomfort in hips or low back.

#### Regression:

- Use a pillow for lumbar support.