

Week 4 - Rib and Pelvic Stability in Motion

Purpose of This Week

- Integrate dynamic movement patterns with breath and rib control.
- Reinforce strength and stability during more complex movements.
- Develop confidence in advanced hinge and squat patterns.
- Prepare the body for more progressive loaded movements in future programs.

Goals for Week 4

- Improve movement efficiency by combining breath and core control.
- Enhance control of pelvic and ribcage positions during loaded movements.
- Develop strength in hinge, squat, and rotational patterns.
- Increase awareness of balance, stability, and control under dynamic conditions.

Tips for Success

- Maintain steady breathing while performing more complex movements.
- Focus on smooth, controlled transitions between positions.
- Use the breath to stabilize the ribcage and pelvis throughout each movement.
- Be mindful of fatigue—quality of movement is more important than quantity.

Day 1: Rib and Pelvic Stability in Motion

Drill Name	Purpose of the Drill
Supine Rib Shift with Breath Control	Develop lateral rib control while maintaining pelvis stability.
Seated Hip Shifts with Breath Awareness	Reinforce pelvic control and hip awareness in seated positions.
Hooklying Rib Expansion with Marching	Build core and rib stability while adding dynamic movement.
Wall Supported Hinge with Arm Reach	Strengthen posterior chain while maintaining ribcage control.
Quadruped Rock Back with Reach Focus	Improve pelvic mobility with controlled rib and breath awareness.

Day 2: Core and Pelvic Stability in Action

Drill Name	Purpose of the Drill
Seated Thoracic Flexion and Extension	Improve thoracic mobility while maintaining pelvis control.
Supine 90-90 Leg Lowering with Breath	Reinforce core control while lowering the legs with stability.
Seated Spine Rotation with Arm Reach	Develop rotational control and thoracic mobility.
Wall Hamstring March with Rib Stability	Build posterior chain control while maintaining rib control.
Prone Hip IR and Extension with Control	Develop awareness of hip rotation and hip extension.

Day 3: Spinal Control and Hip Mobility

Drill Name	Purpose of the Drill
Cat-Cow with Rib Expansion	Develop spinal flexion and extension with breath control.
Seated Posterior Pelvic Rocking	Enhance awareness of pelvic motion in seated positions.
Supine 90-90 Rib Shift with Breath	Build rib and pelvis coordination while breathing.
Wall Supported Deep Squat Hold with Reach	Increase squat stability with rib and pelvis awareness.
Supine Spine Twist with Breath	Improve thoracic rotation with controlled breath.

Day 4: Hip and Rib Control under Load

Drill Name	Purpose of the Drill
Supine Hip Shifts with Rib Awareness	Develop lateral hip mobility while maintaining rib stability.
Quadruped Arm and Leg Reach with Control	Improve balance and stability with controlled movement.
Wall Hamstring Press with Breath Focus	Reinforce hamstring engagement and core control.
Supported Side-Lying Hip Abduction	Develop lateral hip strength and stability.
Seated Spine Twist with Arm Reach	Build thoracic rotation and control.

Day 5: Breath, Mobility, and Relaxation

Drill Name	Purpose of the Drill
Crocodile Breathing with Rib Expansion	Reinforce full-body breath expansion.
Supine Pelvic Rock with Breath Focus	Develop gentle pelvic motion with breath-guided movement.
Seated Posterior Pelvic Awareness	Enhance control of pelvis positioning in seated positions.
Wall Supported Marching with Rib Stability	Reinforce core and rib control during dynamic movements.
Side-Lying Hip IR and Breathing	Improve hip mobility and breath control.

Week 4 - Day 1

Drill 1: Supine Rib Shift with Breath Control

Setup:

- Lie on your back with knees bent, feet flat.
- Hands resting gently on the sides of your ribcage.

Instructions:

- Inhale deeply through your nose, feeling ribs expand laterally.
- Exhale and shift the ribs slightly to one side while maintaining pelvis control.
- Return to center and alternate sides.
- Sets: 2–3
- Reps: 8–10 slow reps per side
- Breath: Exhale to shift, inhale to return
- Rest: As needed

What to Feel:

- Ribcage expanding and shifting laterally.
- Pelvic stability while ribs move.

What to Avoid:

- Losing pelvis control.
- Forcing the rib shift.

Red Flags:

- Pain or discomfort in the ribs or lower back.

Regression:

- Perform with smaller rib shifts to improve control.

Week 4 - Day 1

Drill 2: Seated Hip Shifts with Breath Awareness

Setup:

- Sit upright in a firm chair, feet flat on the floor.
- Hands resting on your thighs.

Instructions:

- Inhale to prepare.
- Exhale and gently shift one hip forward while maintaining rib stability.
- Return to neutral and alternate sides.
- Sets: 2–3
- Reps: 8–10 slow reps per side
- Breath: Exhale to shift, inhale to return
- Rest: As needed

What to Feel:

- Smooth, controlled hip shifting.
- Ribcage remaining neutral and stable.

What to Avoid:

- Leaning or twisting the torso.

Red Flags:

- Pain or discomfort in the hips or lower back.

Regression:

- Perform with smaller shifts for better control.

Week 4 - Day 1

Drill 3: Hooklying Rib Expansion with Marching

Setup:

- Lie on your back with knees bent, feet flat.
- Hands resting on the sides of your ribs.

Instructions:

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

What to Feel:

- Core engagement and rib stability.
- Smooth, controlled leg movement.

What to Avoid:

- Arching the lower back.

Red Flags:

- Pain or discomfort in the lower back.

Regression:

- Perform with feet closer to the floor for reduced intensity.

Week 4 - Day 1

Drill 4: Wall Supported Hinge with Arm Reach

Setup:

- Stand with feet hip-width apart, facing away from a wall.
- Hips slightly bent, arms extended in front.

Instructions:

- Inhale to prepare.
- Exhale and hinge at the hips, maintaining a neutral spine.
- Reach your arms forward while maintaining rib control.
- Return to standing with control.
- Sets: 2–3
- Reps: 8–10 reps
- Breath: Exhale to hinge, inhale to return
- Rest: As needed

What to Feel:

- Glutes and hamstrings engaging.
- Maintained core and rib stability.

What to Avoid:

- Overarching or rounding the lower back.

Red Flags:

- Pain or discomfort in the lower back.

Regression:

- Perform with a smaller hinge for reduced range.

Week 4 - Day 1

Drill 5: Quadruped Rock Back with Reach Focus

Setup:

- Begin on hands and knees, wrists under shoulders, knees under hips.
- Maintain a neutral spine and pelvis.

Instructions:

- Inhale to prepare.
- Exhale and slowly shift your hips back toward your heels while reaching one arm forward.
- Inhale and return to the starting position.
- Switch arms and repeat.
- Sets: 2–3
- Reps: 8–10 slow reps per side
- Breath: Exhale to rock back, inhale to return
- Rest: As needed

What to Feel:

- Smooth pelvic motion with core control.
- Rib stability during reach.

What to Avoid:

- Collapsing the lower back or pelvis.

Red Flags:

- Pain in the knees or lower back.

Regression:

- Perform with hands elevated on a surface for reduced load.

Week 4 - Day 2

Drill 1: Seated Thoracic Flexion and Extension

Setup:

- Sit upright in a firm chair, feet flat on the floor.
- Hands resting on thighs or crossed over chest.

Instructions:

- Inhale to prepare.
- Exhale and gently flex the thoracic spine forward.
- Inhale and extend the spine back to neutral.
- Sets: 2–3
- Reps: 8–10 slow reps
- Breath: Exhale to flex, inhale to extend
- Rest: As needed

What to Feel:

- Smooth thoracic motion.
- Core engagement during flexion and extension.

What to Avoid:

- Overarching or collapsing the spine.

Red Flags:

- Sharp pain or discomfort.

Regression:

- Perform smaller movements for better control.

Week 4 - Day 2

Drill 2: Supine 90-90 Leg Lowering with Breath

Setup:

- Lie on your back with hips and knees at 90 degrees.
- Arms resting by your sides.

Instructions:

- Inhale to prepare.
- Exhale and slowly lower one leg toward the floor while maintaining rib control.
- Inhale to return to starting position and alternate sides.
- Sets: 2-3
- Reps: 8-10 per side
- Breath: Exhale to lower, inhale to return
- Rest: As needed

What to Feel:

- Core engagement while maintaining rib control.
- Smooth leg motion with minimal arching.

What to Avoid:

- Arching the lower back.

Red Flags:

- Pain or discomfort in lower back.

Regression:

- Limit the range of motion for better control.

Week 4 - Day 2

Drill 3: Seated Spine Rotation with Arm Reach

Setup:

- Sit upright in a firm chair, feet flat on the floor.
- Hands resting on your thighs or crossed over your chest.

Instructions:

- Inhale to prepare.
- Exhale and rotate your upper body to one side, reaching one arm forward.
- Return to center before rotating to the other side.
- 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.
- Scapular movement with reach.

What to Avoid:

- Rotating from the hips or lower back.

Red Flags:

- Pain or discomfort during rotation.

Regression:

- Perform with hands on knees for support.

Week 4 - Day 2

Drill 4: Wall Hamstring March with Rib Stability

Setup:

- Lie on your back with feet on the wall, knees at 90 degrees.
- Arms resting by your sides.

Instructions:

- Exhale and gently press your heels into the wall.
- Lift one foot slightly off the wall while maintaining rib control.
- Return to starting position and alternate sides.
- Sets: 2–3
- Reps: 8–10 slow reps per side
- Breath: Exhale to lift, inhale to return
- Rest: As needed

What to Feel:

- Core activation and rib stability.
- Smooth, controlled leg movement.

What to Avoid:

- Arching the lower back.

Red Flags:

- Pain or discomfort in the lower back.

Regression:

- Perform smaller marches to reduce intensity.

Week 4 - Day 2

Drill 5: Prone Hip IR and Extension with Control

Setup:

- Lie face down with arms resting under your forehead.
- Legs extended and toes pointing slightly outward.

Instructions:

- Inhale to prepare.
- Exhale and rotate one hip internally without lifting the leg.
- Inhale and return to neutral.
- Perform hip extension by lifting the leg slightly off the floor.
- Sets: 2–3
- Reps: 8–10 per side
- Breath: Exhale during movement, inhale to return
- Rest: As needed

What to Feel:

- Hip rotation and glute activation.
- Control through the pelvis.

What to Avoid:

- Arching the lower back.

Red Flags:

- Pain in the hips or lower back.

Regression:

- Perform with a pillow under hips for support.

Week 4 - Day 3

Drill 1: Cat-Cow with Rib Expansion

Setup:

- Begin on hands and knees, wrists under shoulders, knees under hips.
- Maintain a neutral spine.

Instructions:

- Inhale and arch your back, lifting your chest and tailbone (Cow).
- Exhale and round your spine, tucking pelvis and chin (Cat).
- Coordinate movement with breath.
- Sets: 2–3
- Reps: 8–10 slow reps
- Breath: Inhale to extend, exhale to flex
- Rest: As needed

What to Feel:

- Smooth spinal flexion and extension.
- Controlled pelvic and ribcage movement.

What to Avoid:

- Overarching or collapsing posture.

Red Flags:

- Pain or discomfort in the spine.

Regression:

- Perform smaller movements if needed.

Week 4 - Day 3

Drill 2: Seated Posterior Pelvic Rocking

Setup:

- Sit upright in a firm chair, feet flat on the floor.
- Hands resting on thighs.

Instructions:

- Inhale to prepare.
- Exhale and gently rock your pelvis backward, flattening the low back.
- Inhale and return to neutral.
- Sets: 2-3
- Reps: 8-10 slow reps
- Breath: Exhale to rock, inhale to return
- Rest: As needed

What to Feel:

- Smooth pelvic motion.
- Engagement of core during movement.

What to Avoid:

- Overarching or collapsing the spine.

Red Flags:

- Sharp pain or discomfort.

Regression:

- Limit the range of motion for better control.

Week 4 - Day 3

Drill 3: Supine 90-90 Rib Shift with Breath

Setup:

- Lie on your back with hips and knees at 90 degrees.
- Arms reaching toward the ceiling.

Instructions:

- Inhale to prepare.
- Exhale and gently shift ribs laterally to one side.
- Return to center and alternate sides.
- Sets: 2-3
- Reps: 8-10 per side
- Breath: Exhale to shift, inhale to return
- Rest: As needed

What to Feel:

- Controlled rib movement.
- Core stability throughout.

What to Avoid:

- Over-shifting or arching the back.

Red Flags:

- Pain or discomfort in ribs or lower back.

Regression:

- Perform with feet supported for added stability.

Week 4 - Day 3

Drill 4: Wall Supported Deep Squat Hold with Reach

Setup:

- Stand with back against the wall, feet slightly forward.
- Arms reaching forward for balance.

Instructions:

- Exhale and slowly lower into a squat, maintaining rib and pelvis control.
- Hold for 10–20 seconds.
- Inhale and return to standing.
- Sets: 2–3
- Reps: 2–3 holds
- Breath: Steady breathing throughout
- Rest: 30–60 seconds between sets

What to Feel:

- Glute and hamstring activation.
- Ribcage stability while maintaining squat.

What to Avoid:

- Knees collapsing inward.
- Losing rib and pelvis control.

Red Flags:

- Sharp pain or discomfort in knees.

Regression:

- Perform a higher squat for reduced intensity.

Week 4 - Day 3

Drill 5: Supine Spine Twist with Breath

Setup:

- Lie on your back with knees bent, feet flat on the floor.
- Arms extended out to the sides.

Instructions:

- Inhale to prepare.
- Exhale and gently lower knees to one side.
- Inhale and return to the center.
- Alternate sides with control.
- Sets: 2–3
- Reps: 8–10 per side
- Breath: Exhale to rotate, inhale to return
- Rest: As needed

What to Feel:

- Smooth spinal rotation.
- Controlled movement with breath.

What to Avoid:

- Twisting from the lower back.

Red Flags:

- Pain or discomfort during rotation.

Regression:

- Limit the range of motion for less intensity.

Week 4 - Day 4

Drill 1: Supine Hip Shifts with Rib Awareness

Setup:

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

Instructions:

- Exhale and shift one hip slightly higher than the other.
- Inhale and return to neutral.
- Switch sides and repeat with control.
- Sets: 2–3
- Reps: 8–10 per side
- Breath: Exhale to shift, inhale to return
- Rest: As needed

What to Feel:

- Subtle hip motion with rib stability.
- Smooth, controlled shifts.

What to Avoid:

- Losing ribcage and pelvis control.

Red Flags:

- Pain or discomfort in hips or spine.

Regression:

- Perform smaller shifts to improve control.

Week 4 - Day 4

Drill 2: Quadruped Arm and Leg Reach with Control

Setup:

- Begin on hands and knees, wrists under shoulders, knees under hips.
- Maintain a neutral spine and pelvis.

Instructions:

- Inhale to prepare.
- Exhale and extend one arm and the opposite leg without losing pelvis control.
- Inhale and return to starting position.
- Switch sides and repeat.
- Sets: 2–3
- Reps: 8–10 per side
- Breath: Exhale to extend, inhale to return
- Rest: As needed

What to Feel:

- Core stability and balance.
- Controlled extension with neutral spine.

What to Avoid:

- Arching the back or losing balance.

Red Flags:

- Pain in the lower back or shoulders.

Regression:

- Perform with smaller movements for better control.

Week 4 - Day 4

Drill 3: Wall Hamstring Press with Breath Focus

Setup:

- Lie on your back with feet on the wall, knees at 90 degrees.
- Arms resting by your sides.

Instructions:

- Exhale and gently press heels into the wall.
- Hold for 5–8 seconds while maintaining pelvic control.
- Inhale and relax.
- Sets: 2–3
- Reps: 5–8 second holds
- Breath: Steady breathing throughout
- Rest: 30 seconds between sets

What to Feel:

- Hamstring activation and pelvis stability.
- Controlled pressure without arching.

What to Avoid:

- Pushing through toes or lifting hips.

Red Flags:

- Sharp pain or cramping.

Regression:

- Move feet slightly lower on the wall for reduced intensity.

Week 4 - Day 4

Drill 4: Supported Side-Lying Hip Abduction

Setup:

- Lie on your side with knees slightly bent.
- Head supported by your arm.

Instructions:

- Inhale to prepare.
- Exhale and lift the top leg slightly without rotating the pelvis.
- Hold for 2–3 seconds, then return.
- Sets: 2–3
- Reps: 8–10 per side
- Breath: Exhale to lift, inhale to return
- Rest: As needed

What to Feel:

- Glute activation and hip control.
- Pelvic stability throughout.

What to Avoid:

- Rolling the pelvis or hiking the hip.

Red Flags:

- Pain in the hips or lower back.

Regression:

- Perform with a pillow between knees for support.

Week 4 - Day 4

Drill 5: Seated Spine Twist with Arm Reach

Setup:

- Sit upright in a firm chair, feet flat.
- Hands resting on thighs or crossed over chest.

Instructions:

- Inhale to prepare.
- Exhale and rotate your upper body to one side, reaching one arm forward.
- Return to center and repeat on the opposite side.
- Sets: 2–3
- Reps: 8–10 per side
- Breath: Exhale to rotate, inhale to return
- Rest: As needed

What to Feel:

- Smooth thoracic rotation.
- Rib stability while rotating.

What to Avoid:

- Twisting from the lower back.

Red Flags:

- Pain or discomfort during rotation.

Regression:

- Perform with hands on knees for support.

Week 4 - Day 5

Drill 1: Crocodile Breathing with Rib Expansion

Setup:

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

Instructions:

- Inhale deeply, feeling your belly push into the floor.
- Exhale softly, allowing your ribs and belly to fall naturally.
- Focus on expanding your breath into the back and sides of your ribcage.
- 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:

- Belly pressing into the floor with each inhale.
- Relaxed, steady breathing.

What to Avoid:

- Shallow chest breathing.
- Holding tension in the upper body.

Red Flags:

- Dizziness or discomfort.

Regression:

- Place a pillow under your belly for added comfort.

Week 4 - Day 5

Drill 2: Supine Pelvic Rock with Breath Focus

Setup:

- Lie on your back with knees bent, feet flat on the floor.
- Arms resting by your sides.

Instructions:

- Inhale to prepare.
- Exhale and gently rock your pelvis backward and forward.
- Maintain a neutral ribcage and pelvis throughout.
- Sets: 2–3
- Reps: 8–10 slow reps
- Breath: Exhale to rock, inhale to return
- Rest: As needed

What to Feel:

- Smooth pelvic motion.
- Controlled breathing with each movement.

What to Avoid:

- Overarching or flattening the back.

Red Flags:

- Pain or discomfort in the lower back.

Regression:

- Perform with knees supported for reduced range.

Week 4 - Day 5

Drill 3: Seated Posterior Pelvic Awareness

Setup:

- Sit upright in a firm chair, feet flat on the floor.
- Hands resting on your thighs.

Instructions:

- Inhale to prepare.
- Exhale and gently rock your pelvis backward and forward.
- Maintain awareness of your pelvis moving through neutral.
- Sets: 2–3
- Reps: 8–10 slow reps
- Breath: Exhale to rock, inhale to return
- Rest: As needed

What to Feel:

- Smooth pelvic control.
- Awareness of neutral pelvis position.

What to Avoid:

- Overarching or collapsing posture.

Red Flags:

- Sharp pain or discomfort.

Regression:

- Limit range of motion for better control.

Week 4 - Day 5

Drill 4: Wall Supported Marching with Rib Stability

Setup:

- Lie on your back with feet on the wall, knees at 90 degrees.
- Arms resting by your sides.

Instructions:

- Exhale and gently press your heels into the wall.
- Lift one foot slightly off the wall while maintaining rib control.
- Return to starting position and alternate sides.
- Sets: 2-3
- Reps: 8-10 slow reps per side
- Breath: Exhale to lift, inhale to return
- Rest: As needed

What to Feel:

- Core activation and rib stability.
- Smooth, controlled leg movement.

What to Avoid:

- Arching the lower back.

Red Flags:

- Pain or discomfort in the lower back.

Regression:

- Perform smaller marches to reduce intensity.

Week 4 - Day 5

Drill 5: Side-Lying Hip IR and Breathing

Setup:

- Lie on your side with knees bent at 90 degrees, stacked.
- Support your head with your lower arm.

Instructions:

- Inhale to prepare.
- Exhale and gently rotate your top leg inward without lifting your foot.
- Hold for 2–3 seconds, then return to starting.
- Focus on smooth, controlled movement.
- Sets: 2–3
- Reps: 8–10 per side
- Breath: Exhale to rotate, inhale to return
- Rest: As needed

What to Feel:

- Internal rotation of the hip.
- Engagement of deep hip stabilizers.

What to Avoid:

- Rolling the pelvis backward.

Red Flags:

- Sharp hip or groin pain.

Regression:

- Perform with a pillow between knees for support.