

Low Back and Hip Program

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Week 1 - Awareness & Activation

Purpose of This Week

- Introduce awareness of the pelvis, ribs, and diaphragm.
- Develop foundational control over lumbar flexion and extension.
- Increase interoceptive awareness and enhance breath control.
- Begin building confidence in pelvic and ribcage positioning.

Goals for Week 1

- Develop awareness of posterior and anterior pelvic tilt.
- Control breath patterns while maintaining neutral pelvis and ribs.
- Improve sensory feedback through slow, controlled movements.
- Establish a foundation for safe, pain-free squatting and hinging.

Tips for Success

- Move slowly and deliberately—quality over quantity.
- Focus on breath awareness and control.
- Take breaks if you feel fatigued or lose focus.
- Pay attention to how your body responds to different movements.

Day 1: Groundwork and Awareness

Drill Name	Purpose of the Drill
Posterior Pelvic Tilt on Wall	Develop awareness of pelvic tilt and lumbar control.
Hooklying Belly Breathing	Improve breath control and diaphragmatic function.
Seated Pelvic Rocking	Increase pelvic mobility and coordination.
Supine 90-90 Reach	Enhance core stability and maintain rib-pelvis alignment.
Wall Hamstring Press	Activate hamstrings to stabilize pelvis and core.

Day 2: Rib Expansion and Hip Hinge Focus

Drill Name	Purpose of the Drill
Side-Lying Rib Expansion	Improve lateral ribcage expansion and breathing mechanics.
Seated Thoracic Rotation	Increase thoracic mobility and rotational control.
Standing Hip Hinge with Wall Reach	Develop hip hinge awareness and control.
Quadruped Rock Back with Neutral Spine	Promote pelvic control with neutral spine.
Wall Supported Squat Hold	Build confidence in squat position with wall support.

Day 3: Breath Control and Rhythmic Movement

Drill Name	Purpose of the Drill
Breath Reset in Side-Lying	Promote ribcage and diaphragm reset through focused breath.
Rhythmic Reach & Roll	Enhance rotational control and coordination.
Supported Breath Patterning	Reinforce steady breath control and rib awareness.
Relaxed Spine Rocking	Encourage fluid motion through the pelvis and spine.
Gentle Bilateral Rocking	Improve pelvic mobility and relaxation.

Day 4: Pelvic and Rib Control

Drill Name	Purpose of the Drill
Supine Diaphragm Reset	Establish deeper diaphragmatic control and relaxation.
Seated Posterior Pelvic Rocking	Improve awareness of pelvic positioning.
Seated Thoracic Extension	Strengthen thoracic extension and rib positioning.
Supine Hip Shift with Breath	Build control of pelvic shifts and core integration.
Seated Breath with Rib Control	Maintain ribcage and pelvis control with steady breath.

Day 5: Breath, Spinal Flexion, and Core Control

Drill Name	Purpose of the Drill
Diaphragmatic Breathing in Crocodile Position	Encourage full 3D breath expansion.
Cat-Cow with Breath Focus	Develop spinal flexion and extension awareness.
Seated Spine Twist with Breath	Improve thoracic rotation with controlled breathing.
Supine Marching with Rib Control	Reinforce pelvic and rib stability with leg movement.
Seated Breath and Pelvic Awareness	Increase awareness of breath and pelvic positioning.

Week 1 - Day 1

Drill 1: Posterior Pelvic Tilt on Wall

Setup:

- Stand with your back against a wall, feet about 6–12 inches away.
- Knees slightly bent, arms resting by your sides.

Instructions:

- Gently tilt your pelvis backward so your low back flattens into the wall.
- Keep glutes and abs soft; allow the motion to come from pelvic rotation.
- Hold for 3–5 seconds, then release back to neutral.
- Move slowly and with control.
- Sets: 2–3
- Reps: 8–10 slow reps
- Breath: Exhale on the tilt, inhale on the release
- Rest: As needed

What to Feel:

- Gentle abdominal tension.
- Low back flattening softly into the wall.
- Relaxed breath and minimal upper body tension.

What to Avoid:

- Squeezing glutes or pushing into the floor.
- Jerky or rushed movements.

Red Flags:

- Sharp pain in the low back or hips.
- Dizziness or inability to breathe deeply.

Regression:

- Perform seated pelvic tilts on a firm chair if standing is too challenging.

Week 1 - Day 1

Drill 2: Hooklying Belly Breathing

Setup:

- Lie on your back with knees bent, feet flat on the floor.
- Place one hand on your chest and the other on your belly.

Instructions:

- Inhale gently through your nose, allowing the belly to rise without moving the chest.
- Exhale softly through your mouth or nose, allowing the belly to fall naturally.
- Focus on minimizing upper chest movement.
- 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 rising under your hand with each inhale.
- Sense of relaxation and minimal chest movement.

What to Avoid:

- Lifting the chest or shrugging shoulders.
- Forcing or over-controlling the breath.

Red Flags:

- Lightheadedness or shortness of breath.

Regression:

- Prop knees up with a pillow if the lower back feels strained.

Week 1 - Day 1

Drill 3: Seated Pelvic Rocking

Setup:

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

Instructions:

- Slowly tilt the pelvis forward (arching low back) and backward (flattening low back).
- Let the breath guide the rhythm of your movement.
- Keep upper body still and relaxed.
- Sets: 2–3
- Reps: 8–12 controlled reps
- Breath: Inhale as you tilt forward, exhale as you tilt backward
- Rest: As needed

What to Feel:

- Gentle motion through the pelvis and low back.
- Ease and rhythm with breath.

What to Avoid:

- Tensing shoulders or upper back.
- Over-arching or collapsing posture.

Red Flags:

- Pain during any part of the movement.
- Inability to isolate pelvic motion.

Regression:

- Place hands on hips for feedback if you're unsure where the motion is coming from.

Week 1 - Day 1

Drill 4: Supine 90-90 Reach

Setup:

- Lie on your back with hips and knees bent to 90 degrees (feet off floor).
- Arms reaching straight up to the ceiling.

Instructions:

- Exhale and reach your arms toward the ceiling while gently pressing low back into floor.
- Maintain 90-90 leg position; don't let knees drift or chest lift.
- Inhale and return arms to starting position without losing core control.
- Sets: 2-3
- Reps: 5-8 slow, controlled reps
- Breath: Exhale during the reach, inhale to return
- Rest: As needed

What to Feel:

- Gentle core activation with low back grounded.
- Tension through abs without bracing.

What to Avoid:

- Flaring ribs or arching low back.
- Reaching from shoulders or straining neck.

Red Flags:

- Neck pain or excessive tension.
- Loss of position or breath control.

Regression:

- Place feet on a chair or bench if holding 90-90 position is too difficult.

Week 1 - Day 1

Drill 5: Wall Hamstring Press

Setup:

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

Instructions:

- Gently press both heels into the wall as if trying to slide the wall down.
- Avoid lifting the hips; let hamstrings engage and stabilize the pelvis.
- Breathe steadily throughout.
- Sets: 2–3
- Reps: 5–10 second presses
- Breath: Slow, steady breathing throughout each press
- Rest: 20–40 seconds between sets

What to Feel:

- Gentle hamstring tension.
- Subtle core engagement as pelvis anchors.

What to Avoid:

- Pushing through toes.
- Holding breath or squeezing glutes excessively.

Red Flags:

- Cramping or sharp discomfort.
- Shaking or bracing excessively.

Regression:

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

Week 1 - Day 2

Drill 1: Side-Lying Rib Expansion

Setup:

- Lie on your side with knees bent at 90 degrees and stacked.
- Rest your bottom arm under your head for support.

Instructions:

- Inhale deeply into the bottom side of your ribs.
- Feel the ribs expanding laterally as you breathe in.
- Exhale slowly and let the ribs fall naturally.
- Focus on directing the breath to the lower 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:

- Expansion of the lower ribs.
- Controlled, relaxed breath with no chest dominance.

What to Avoid:

- Breathing only into the upper chest.
- Collapsing or losing rib position.

Red Flags:

- Dizziness or difficulty maintaining position.

Regression:

- Prop your torso with a pillow for comfort and stability.

Week 1 - Day 2

Drill 2: Seated Thoracic Rotation

Setup:

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

Instructions:

- Inhale to prepare.
- Exhale and slowly rotate your upper body to one side.
- Keep pelvis and hips still, focusing on thoracic rotation.
- Return to center and repeat on the other side.
- Sets: 2–3
- Reps: 8–10 reps per side
- Breath: Exhale during rotation, inhale to return
- Rest: As needed

What to Feel:

- Gentle rotation through the upper back.
- Controlled breath guiding the movement.

What to Avoid:

- Rotating from the hips or lower back.
- Jerky or rushed movement.

Red Flags:

- Pain or discomfort in the spine.

Regression:

- Place hands on a table for support if maintaining position is difficult.

Week 1 - Day 2

Drill 3: Standing Hip Hinge with Wall Reach

Setup:

- Stand facing away from a wall, feet hip-width apart.
- Position yourself about 6 inches away from the wall.

Instructions:

- Push your hips back toward the wall while maintaining a neutral spine.
- Reach both hands forward as you hinge.
- Stop when your hips touch the wall lightly.
- Return to standing by driving hips forward.
- Sets: 2–3
- Reps: 8–10 slow, controlled reps
- Breath: Inhale as you hinge, exhale as you return
- Rest: As needed

What to Feel:

- Hamstrings and glutes activating during the hinge.
- Length through the spine and engaged core.

What to Avoid:

- Rounding the lower back.
- Pushing hips too far back, causing balance loss.

Red Flags:

- Pain or discomfort in the low back.

Regression:

- Stand closer to the wall to reduce hinge depth.

Week 1 - Day 2

Drill 4: Quadruped Rock Back with Neutral Spine

Setup:

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

Instructions:

- Inhale to prepare.
- Exhale and slowly shift your hips back toward your heels.
- Maintain spinal alignment as you move.
- Return to the starting position.
- Sets: 2–3
- Reps: 8–10 slow reps
- Breath: Inhale to prepare, exhale during the rock back
- Rest: As needed

What to Feel:

- Stretch through hips and lower back.
- Core gently engaged to maintain position.

What to Avoid:

- Collapsing the lower back.
- Rounding or arching excessively.

Red Flags:

- Sharp pain or discomfort.

Regression:

- Place a folded towel under knees for comfort.

Week 1 - Day 2

Drill 5: Wall Supported Squat Hold

Setup:

- Stand with your back against a wall, feet about hip-width apart.
- Slide down into a partial squat with thighs above parallel.

Instructions:

- Hold the squat position while maintaining neutral spine.
- Press heels gently into the floor to engage hamstrings.
- Breathe steadily throughout the hold.
- Sets: 2–3
- Reps: 15–30 seconds per hold
- Breath: Maintain slow, steady breathing throughout
- Rest: 30–40 seconds between sets

What to Feel:

- Tension through quads, hamstrings, and glutes.
- Stable pelvis and core engagement.

What to Avoid:

- Arching or flattening the lower back.
- Shifting weight onto toes.

Red Flags:

- Knee or back pain.

Regression:

- Reduce squat depth or hold for a shorter time.

Week 1 - Day 3

Drill 1: Breath Reset in Side-Lying

Setup:

- Lie on your side with knees bent at 90 degrees, head supported.
- Place one hand on your top ribcage and the other on your belly.

Instructions:

- Inhale deeply into the lower ribs and belly.
- Exhale softly, allowing ribs to drop naturally.
- Focus on creating expansion in the lower ribs with each breath.
- 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:

- Lower ribcage expanding with each inhale.
- Relaxed and controlled breath pattern.

What to Avoid:

- Overarching the low back.
- Tension in the upper chest or shoulders.

Red Flags:

- Dizziness or shortness of breath.

Regression:

- Prop the torso with a pillow to maintain alignment.

Week 1 - Day 3

Drill 2: Rhythmic Reach & Roll

Setup:

- Lie on your back with arms extended overhead.
- Knees bent, feet flat on the floor.

Instructions:

- Reach one arm up and across your body as if rolling over.
- Let your head and upper back follow the movement.
- Return to the starting position.
- Sets: 2-3
- Reps: 8-10 slow reps per side
- Breath: Inhale before the reach, exhale as you roll
- Rest: As needed

What to Feel:

- Smooth, flowing movement through the spine.
- Gentle stretch through the upper back and ribs.

What to Avoid:

- Jerky or rushed movements.
- Losing control of the rolling motion.

Red Flags:

- Pain in the spine or shoulders.

Regression:

- Bend knees closer to the chest for added control.

Week 1 - Day 3

Drill 3: Supported Breath Patterning

Setup:

- Sit upright in a chair, feet flat on the floor.
- Hands resting gently on your lower ribs.

Instructions:

- Inhale deeply into the belly and lower ribs.
- Exhale fully and feel the ribs drop back.
- Maintain slow, steady 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 through the ribs and belly.
- Relaxation with minimal upper chest movement.

What to Avoid:

- Holding breath or forcing exhalation.

Red Flags:

- Lightheadedness or discomfort.

Regression:

- Lean slightly forward to provide better feedback.

Week 1 - Day 3

Drill 4: Relaxed Spine Rocking

Setup:

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

Instructions:

- Gently rock back and forth, allowing the spine to move naturally.
- Focus on maintaining a smooth, rhythmic motion.
- Breathe steadily throughout the movement.
- Sets: 2–3
- Reps: 8–12 slow rocks
- Breath: Inhale as you rock forward, exhale as you rock back
- Rest: As needed

What to Feel:

- Gentle stretch through hips and lower back.
- Relaxed and fluid motion.

What to Avoid:

- Tensing the shoulders or bracing excessively.

Red Flags:

- Pain or discomfort in the low back.

Regression:

- Use a folded towel under knees for added comfort.

Week 1 - Day 3

Drill 5: Gentle Bilateral Rocking

Setup:

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

Instructions:

- Gently rock both knees side to side.
- Move within a comfortable range of motion.
- Return to center before switching sides.
- Sets: 2–3
- Reps: 8–10 slow rocks per side
- Breath: Inhale at center, exhale as you rock
- Rest: As needed

What to Feel:

- Gentle mobility through the pelvis and lower back.
- Relaxed movement with control.

What to Avoid:

- Forcing the knees too far.
- Tension through the spine.

Red Flags:

- Sharp pain or discomfort.

Regression:

- Reduce range of motion if needed.

Week 1 - Day 4

Drill 1: Supine Diaphragm Reset

Setup:

- Lie on your back with knees bent, feet flat on the floor.
- Place one hand on your belly and the other on your chest.

Instructions:

- Inhale deeply through your nose, allowing the belly to expand.
- Exhale softly, feeling the belly fall.
- Focus on relaxing the ribs and diaphragm.
- 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 belly and lower ribs.
- Relaxed, controlled breathing.

What to Avoid:

- Chest dominance or shallow breathing.

Red Flags:

- Lightheadedness or difficulty maintaining position.

Regression:

- Prop knees with a pillow to reduce tension.

Week 1 - Day 4

Drill 2: Seated Posterior Pelvic Rocking

Setup:

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

Instructions:

- Tilt pelvis backward (flattening low back) and then forward (arching low back).
- Move slowly and smoothly between positions.
- Use breath to guide the rhythm.
- Sets: 2–3
- Reps: 8–12 controlled reps
- Breath: Inhale forward, exhale backward
- Rest: As needed

What to Feel:

- Gentle rocking motion through pelvis.
- Coordination of breath with movement.

What to Avoid:

- Excessive arching or collapsing posture.

Red Flags:

- Pain or discomfort in the low back.

Regression:

- Use hands on hips to increase body awareness.

Week 1 - Day 4

Drill 3: Seated Thoracic Extension

Setup:

- Sit on a firm chair, feet flat, hands behind your head.

Instructions:

- Inhale to prepare.
- Exhale and gently extend through the upper back.
- Maintain contact between lower ribs and pelvis.
- Return to neutral and repeat.
- Sets: 2–3
- Reps: 8–10 slow, controlled reps
- Breath: Exhale during extension, inhale to return
- Rest: As needed

What to Feel:

- Opening through the chest and upper back.
- Engagement of the upper back muscles.

What to Avoid:

- Arching lower back or flaring ribs.

Red Flags:

- Pain or discomfort in the spine.

Regression:

- Perform with arms crossed if mobility is limited.

Week 1 - Day 4

Drill 4: Supine Hip Shift with Breath

Setup:

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

Instructions:

- Inhale to prepare.
- Exhale and gently shift one hip higher than the other.
- Maintain control and alignment.
- Return to neutral before switching sides.
- Sets: 2–3
- Reps: 8–10 controlled reps per side
- Breath: Exhale during the shift, inhale to return
- Rest: As needed

What to Feel:

- Subtle motion through the pelvis and hips.
- Engagement of core and hip stabilizers.

What to Avoid:

- Overarching or flattening the low back.

Red Flags:

- Pain or discomfort in the hips or spine.

Regression:

- Use a pillow under hips for added support.

Week 1 - Day 4

Drill 5: Seated Breath with Rib Control

Setup:

- Sit upright on a firm chair, feet flat.
- Hands gently resting on your ribs.

Instructions:

- Inhale into the lower ribs and belly.
- Exhale fully, feeling the ribs drop back.
- Maintain a neutral pelvis 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 and contraction of the lower ribs.
- Smooth, relaxed breathing.

What to Avoid:

- Overextending or collapsing posture.

Red Flags:

- Difficulty maintaining control.

Regression:

- Place a pillow behind the lower back for support.

Week 1 - Day 5

Drill 1: Diaphragmatic Breathing in Crocodile Position

Setup:

- Lie face down with forehead resting on your 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 1 - Day 5

Drill 2: Cat-Cow with Breath Focus

Setup:

- Begin on hands and knees, wrists under shoulders, knees under hips.

Instructions:

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

What to Feel:

- Smooth transition between flexion and extension.
- Coordinated breath and spinal motion.

What to Avoid:

- Rushing through the movement.
- Overarching or collapsing posture.

Red Flags:

- Pain or discomfort in the spine.

Regression:

- Perform smaller movements if mobility is limited.

Week 1 - Day 5

Drill 3: Seated Spine Twist with Breath

Setup:

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

Instructions:

- Inhale to prepare.
- Exhale and rotate your upper body to one side.
- 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 rotation through the thoracic spine.
- Engagement of core and obliques.

What to Avoid:

- Rotating from the hips or lower back.
- Jerky or rushed movements.

Red Flags:

- Pain or discomfort during rotation.

Regression:

- Hold onto the side of the chair for added stability.

Week 1 - Day 5

Drill 4: Supine Marching with Rib Control

Setup:

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

Instructions:

- Exhale and lift one knee toward your chest.
- Maintain rib and pelvis control throughout.
- Lower the leg back to the floor with control.
- Alternate sides.
- Sets: 2–3
- Reps: 8–10 slow reps per side
- Breath: Exhale to lift, inhale to lower
- Rest: As needed

What to Feel:

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

What to Avoid:

- Arching the low back.
- Losing control of pelvis and ribs.

Red Flags:

- Low back pain or discomfort.

Regression:

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

Week 1 - Day 5

Drill 5: Seated Breath and Pelvic Awareness

Setup:

- Sit upright in a firm chair, feet flat on the floor.
- Hands gently resting on your belly and lower ribs.

Instructions:

- Inhale deeply into your belly and ribs.
- Exhale fully while maintaining a neutral pelvis.
- Maintain awareness of rib and pelvis position 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:

- Awareness of rib expansion and pelvic control.
- Smooth, steady breath with minimal upper chest involvement.

What to Avoid:

- Overextending or collapsing posture.
- Shallow chest breathing.

Red Flags:

- Difficulty maintaining breath control.

Regression:

- Place a pillow behind the lower back for added support.

Week 2 - Rib Control & Hip Integration

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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.

Week 3 - Pelvic Control & Breath Integration

Purpose of This Week

- Reinforce pelvic and ribcage coordination during more dynamic movements.
- Continue developing control in hip hinging and spinal mobility.
- Introduce further rotational patterns for thoracic mobility.
- Enhance breath awareness to support stability and control.

Goals for Week 3

- Build confidence in deeper hip movements and spinal flexion/extension.
- Improve rotational strength and mobility through thoracic and lumbar integration.
- Develop increased control of breath while performing dynamic movements.
- Refine awareness of posture and alignment in different positions.

Tips for Success

- Focus on maintaining a stable pelvis and ribcage through each movement.
- Move with control—prioritize quality over quantity.
- Continue using breath as a guide to enhance movement efficiency.
- Monitor any asymmetries between sides and adjust as needed.

Day 1: Pelvic Control and Breath Integration

Drill Name	Purpose of the Drill
Hooklying Breath with Pelvic Awareness	Enhance breath control and establish awareness of pelvic movement.
Seated Hip Shift with Rib Stability	Develop control of hip shifting with minimal ribcage movement.
Supine Diaphragm Reset with Reach	Reinforce ribcage control during breath cycles.
Quadruped Rock Back with Breath Focus	Improve pelvic mobility and maintain core stability.
Wall Supported Hinge with Arm Reach	Build posterior chain activation while maintaining rib control.

Day 2: Rib and Hip Coordination

Drill Name	Purpose of the Drill
Seated Rib Expansion with Breath Control	Promote ribcage mobility and lateral breath expansion.
Supine Marching with Core Control	Reinforce pelvic stability while moving the legs.
Seated Thoracic Rotation with Arm Reach	Develop rotational control and mobility.
Wall Hamstring March with Rib Control	Activate the posterior chain while maintaining rib stability.
Prone Hip IR and Extension Drill	Build awareness of hip rotation and hip extension.

Day 3: Spinal Mobility and Core Control

Drill Name	Purpose of the Drill
Cat-Cow with Breath Awareness	Develop spinal flexion and extension control.
Seated Posterior Pelvic Rocking	Enhance pelvic control and improve awareness of movement.
Supine 90-90 Rib Shift with Breath	Build core stability and enhance breath-guided movement.
Wall Supported Squat Hold with Reach	Increase confidence in squat position with upper body movement.
Supine Spine Twist with Breath	Improve thoracic rotation with breath control.

Day 4: Hip and Ribcage Stability

Drill Name	Purpose of the Drill
Supine Hip Shifts with Rib Control	Develop control of pelvic shifts while maintaining rib stability.
Seated Thoracic Flexion and Extension	Improve thoracic spine mobility and postural control.
Quadruped Arm and Leg Reach with Control	Build core and shoulder stability while maintaining neutral spine.
Wall Hamstring Press with Hip Awareness	Reinforce hamstring activation and pelvis control.
Supported Side-Lying Hip Abduction	Develop lateral hip strength and stability.

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 Spine Twist with Arm Reach	Improve thoracic rotation with coordinated breath and movement.
Wall Supported Marching with Rib Control	Build ribcage control and core stability.
Side-Lying Hip IR and Breathing	Enhance internal hip rotation and improve breath coordination.

Week 3 - Day 1

Drill 1: Hooklying Breath with Pelvic Awareness

Setup:

- Lie on your back with knees bent, feet flat on the floor.
- Hands resting on the lower abdomen and ribcage.

Instructions:

- Inhale and feel your belly expand gently.
- Exhale fully while maintaining a neutral pelvis.
- Focus on awareness of pelvic movement with each breath.
- Sets: 2
- Reps: 5–8 breath cycles per set
- Breath: Inhale 3–4 seconds, exhale 4–6 seconds
- Rest: As needed

What to Feel:

- Belly and ribs expanding with breath.
- Minimal pelvic movement with controlled breathing.

What to Avoid:

- Over-tilting the pelvis or arching the back.

Red Flags:

- Dizziness or discomfort during breathing.

Regression:

- Use a pillow under knees to maintain pelvic neutrality.

Week 3 - Day 1

Drill 2: Seated Hip Shift with Rib Stability

Setup:

- Sit upright on a firm chair, feet flat on the floor.
- Hands resting gently 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 3 - Day 1

Drill 3: Supine Diaphragm Reset with Reach

Setup:

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

Instructions:

- Inhale to prepare.
- Exhale and reach both arms toward the ceiling, feeling ribs flatten.
- Inhale and return to the starting position.
- Sets: 2–3
- Reps: 8–10 reps
- Breath: Exhale to reach, inhale to return
- Rest: As needed

What to Feel:

- Core engagement and ribcage control.
- Smooth, controlled arm reach.

What to Avoid:

- Flaring ribs or arching the lower back.

Red Flags:

- Pain or discomfort in the shoulders or lower back.

Regression:

- Perform with knees supported by a pillow.

Week 3 - Day 1

Drill 4: Quadruped Rock Back with Breath 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.
- Inhale and return to the starting position.
- Sets: 2–3
- Reps: 8–10 slow reps
- Breath: Exhale to rock back, inhale to return
- Rest: As needed

What to Feel:

- Smooth pelvic movement with core control.
- Minimal arching or rounding of the spine.

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 3 - Day 1

Drill 5: 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 3 - Day 2

Drill 1: Seated Rib Expansion with Breath Control

Setup:

- Sit upright in a firm chair, feet flat on the floor.
- Hands resting gently on the sides of your ribcage.

Instructions:

- Inhale deeply through your nose, feeling ribs expand laterally.
- Exhale and allow the ribs to return to neutral.
- Focus on symmetrical expansion on both sides.
- Sets: 2
- Reps: 5–8 breath cycles per set
- Breath: Inhale 3–4 seconds, exhale 4–6 seconds
- Rest: As needed

What to Feel:

- Ribs expanding outward and back.
- Steady breath with minimal upper chest movement.

What to Avoid:

- Shallow breathing or shrugging shoulders.

Red Flags:

- Dizziness or discomfort.

Regression:

- Place hands on thighs for added stability.

Week 3 - Day 2

Drill 2: Supine Marching with Core Control

Setup:

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

Instructions:

- Exhale and lift one knee toward your chest.
- Inhale and return to the starting position.
- Alternate sides while maintaining rib and pelvis control.
- Sets: 2–3
- Reps: 8–10 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 3 - Day 2

Drill 3: Seated Thoracic Rotation 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 3 - Day 2

Drill 4: Wall Hamstring March with Rib Control

Setup:

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

Instructions:

- Exhale and press both heels into the wall.
- Lift one foot slightly off the wall without losing rib control.
- Return and switch sides.
- Sets: 2–3
- Reps: 8–10 per side
- Breath: Exhale to lift, inhale to return
- Rest: As needed

What to Feel:

- Hamstring and core activation.
- Stable ribcage with controlled movement.

What to Avoid:

- Lifting the hips or arching the back.

Red Flags:

- Pain or discomfort in the hips or lower back.

Regression:

- Perform smaller marches for reduced intensity.

Week 3 - Day 2

Drill 5: Prone Hip IR and Extension Drill

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 3 - Day 3

Drill 1: Cat-Cow with Breath Awareness

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).
- Move slowly and coordinate 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 3 - 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 3 - 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 3 - Day 3

Drill 4: Wall Supported 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 3 - 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 3 - Day 4

Drill 1: Supine Hip Shifts with Rib Control

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 3 - Day 4

Drill 2: Seated Thoracic Flexion and Extension

Setup:

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

Instructions:

- Inhale to prepare.
- Exhale and flex the thoracic spine gently 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 3 - Day 4

Drill 3: 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 3 - Day 4

Drill 4: Wall Hamstring Press with Hip Awareness

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 3 - Day 4

Drill 5: 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 3 - 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 3 - 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 3 - Day 5

Drill 3: Seated Spine Twist 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 3 - Day 5

Drill 4: Wall Supported Marching with Rib Control

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 3 - 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.

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.

Week 5 - Strength and Control Progression

Purpose of This Week

- Integrate foundational strength work using bodyweight movements.
- Reinforce balance, control, and pelvic/rib stability during more challenging positions.
- Prepare the body to tolerate future load progression.

Goals for Week 5

- Develop strength and endurance in lower body stances and lunges.
- Build posterior chain strength through glute bridge variations.
- Introduce progressive upper body pushing variations.
- Improve single-leg balance and control through staggered stance and lunges.
- Reinforce rib and pelvic stability during more complex movements.

Tips for Success

- Focus on controlled movement over speed.
- Maintain breath control and core stability throughout.
- Progress gradually—listen to your body.
- Emphasize quality of movement as intensity increases.

Day 1: Lower Body Control and Strength

Drill Name	Purpose of the Drill
Bodyweight Squats with Rib Control	Reinforce squat mechanics with core stability.
Horse Stance Hold (Parallel to Floor)	Develop isometric strength and endurance in the lower body.
Kickstand RDL with Hip Control	Enhance posterior chain and hip stability.
Wall Supported Split Squat Hold	Strengthen glutes, quads, and core in a split stance.
Supine Marching with Core Control	Reinforce pelvic stability during dynamic movement.

Day 2: Single Leg and Hip Control

Drill Name	Purpose of the Drill
Staggered Stance Squats with Rib Stability	Develop single-leg loading and pelvic control.
Lateral Lunges with Breath Control	Improve lateral hip control and rib stability.
Side-Lying Hip Abduction with Breath Focus	Build lateral hip strength with breath control.
Single-Leg Glute Bridge with Rib Stability	Develop posterior chain strength and hip control.
Supine Rib Shift with Core Engagement	Develop core control with subtle rib shifting.

Day 3: Posterior Chain and Hip Control

Drill Name	Purpose of the Drill
Staggered Stance RDL with Hip Awareness	Improve posterior chain strength and single-leg control.
Forward Lunges with Rib Control	Develop strength and stability in forward lunge patterns.
Wall Hamstring Press with Rib Stability	Engage hamstrings and reinforce core control.
Bilateral Glute Bridge with Rib and Pelvic Control	Reinforce hip extension and core stability.
Supine Spine Twist with Breath	Improve thoracic rotation with controlled breath.

Day 4: Upper Body and Core Control

Drill Name	Purpose of the Drill
Wall Pushups with Rib Stability	Introduce upper body pressing while maintaining core control.
Chair Pushups with Pelvic Stability	Progress pressing with greater load while maintaining control.
Floor Pushups with Rib and Pelvic Control	Build upper body and core strength in a plank position.
Seated Spine Rotation with Reach	Develop thoracic rotation and scapular movement.
Side-Lying Hip IR and Breathing	Improve hip mobility and breath control.

Day 5: Mobility, Breath, and Control

Drill Name	Purpose of the Drill
Horse Stance with Rib Control (Longer Hold)	Reinforce isometric lower body endurance.
Calf Raises with Rib and Pelvic Control	Strengthen calves while maintaining neutral alignment.
Tib Raises with Breath Awareness	Develop anterior shin strength and balance.
Hooklying Rib Expansion with Marching	Reinforce core and breath control with marching.
Supine Pelvic Rock with Breath Control	Enhance pelvic mobility and breath-guided awareness.

Week 5 - Day 1

Drill 1: Bodyweight Squats with Rib Control

Setup:

- Stand with feet shoulder-width apart, toes slightly pointed outward.
- Arms extended forward or hands clasped in front of chest.

Instructions:

- Inhale to prepare.
- Exhale and lower your hips down and back, keeping the ribs aligned over pelvis.
- Inhale to return to standing.
- Sets: 2–3
- Reps: 10–12 slow, controlled reps
- Breath: Exhale to lower, inhale to rise
- Rest: 30–45 seconds between sets

What to Feel:

- Engagement of glutes, quads, and core.
- Rib control and pelvis stability throughout.

What to Avoid:

- Collapsing the chest or overarch the lower back.

Red Flags:

- Knee or lower back pain.

Regression:

- Perform squats to a chair or elevated surface.

Week 5 - Day 1

Drill 2: Horse Stance Hold (Parallel to Floor)

Setup:

- Stand with feet wider than shoulder-width apart, toes slightly turned out.
- Arms extended forward or hands on hips.

Instructions:

- Inhale to prepare.
- Exhale and lower hips until thighs are parallel to the floor.
- Hold for 20–30 seconds while maintaining rib and pelvic control.
- Sets: 2–3
- Reps: 2–3 holds
- Breath: Steady breathing throughout
- Rest: 30–45 seconds between holds

What to Feel:

- Thigh and glute activation.
- Rib stability and core engagement.

What to Avoid:

- Allowing knees to collapse inward or arching the back.

Red Flags:

- Sharp knee or hip pain.

Regression:

- Perform a higher stance to reduce intensity.

Week 5 - Day 1

Drill 3: Kickstand RDL with Hip Control

Setup:

- Stand with feet hip-width apart, one foot slightly behind (kickstand position).
- Hinge at hips, keeping back neutral.

Instructions:

- Inhale to prepare.
- Exhale and hinge forward, maintaining rib and pelvis control.
- Return to standing with control.
- Switch legs and repeat.
- Sets: 2–3
- Reps: 8–10 per side
- Breath: Exhale to hinge, inhale to return
- Rest: 30–45 seconds between sets

What to Feel:

- Glute and hamstring engagement.
- Pelvic and rib stability.

What to Avoid:

- Rounding or arching the back.

Red Flags:

- Sharp pain in hamstrings or lower back.

Regression:

- Perform a smaller hinge with less range of motion.

Week 5 - Day 1

Drill 4: Wall Supported Split Squat Hold

Setup:

- Stand facing away from a wall, one foot forward and the other foot resting on the wall.
- Lower into a split squat position.

Instructions:

- Inhale to prepare.
- Exhale and hold the bottom position of the split squat.
- Maintain rib and pelvis control throughout the hold.
- Sets: 2–3
- Reps: 20–30 second holds per side
- Breath: Steady breathing throughout
- Rest: 30–45 seconds between holds

What to Feel:

- Glute, quad, and core engagement.
- Stability in the pelvis and ribs.

What to Avoid:

- Allowing the knee to collapse inward.

Red Flags:

- Pain in the front knee or hip.

Regression:

- Perform a higher split squat hold for reduced intensity.

Week 5 - Day 1

Drill 5: Supine Marching with Core Control

Setup:

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

Instructions:

- Inhale to prepare.
- Exhale and lift one foot off the floor, maintaining core stability.
- Inhale to return 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 control and 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 5 - Day 2

Drill 1: Staggered Stance Squats with Rib Stability

Setup:

- Stand with feet staggered, one foot slightly in front of the other.
- Arms extended forward or hands on hips.

Instructions:

- Inhale to prepare.
- Exhale and lower into a squat, keeping ribs aligned with pelvis.
- Inhale and return to standing.
- Switch sides and repeat.
- Sets: 2–3
- Reps: 8–10 per side
- Breath: Exhale to lower, inhale to rise
- Rest: 30–45 seconds between sets

What to Feel:

- Glute, quad, and core engagement.
- Stability in the pelvis and ribcage.

What to Avoid:

- Knees collapsing inward or arching the back.

Red Flags:

- Sharp pain or discomfort in knees.

Regression:

- Perform a smaller range of motion.

Week 5 - Day 2

Drill 2: Lateral Lunges with Breath Control

Setup:

- Stand with feet hip-width apart, hands on hips or extended forward.
- Shift weight to one side, bending the knee.

Instructions:

- Inhale to prepare.
- Exhale and shift weight laterally, lowering into a lunge.
- Inhale and return to center.
- Switch sides and repeat.
- Sets: 2–3
- Reps: 8–10 per side
- Breath: Exhale to lower, inhale to return
- Rest: 30–45 seconds between sets

What to Feel:

- Glute and adductor engagement.
- Control and balance while shifting.

What to Avoid:

- Collapsing knees or leaning forward.

Red Flags:

- Pain in knees or hips.

Regression:

- Perform smaller side shifts.

Week 5 - Day 2

Drill 3: Side-Lying Hip Abduction with Breath Focus

Setup:

- Lie on your side with knees slightly bent, supporting head with arm.
- Top hand resting on your hip or in front for balance.

Instructions:

- Inhale to prepare.
- Exhale and lift the top leg while maintaining pelvis stability.
- Inhale to return to start.
- Sets: 2–3
- Reps: 8–10 per side
- Breath: Exhale to lift, inhale to return
- Rest: As needed

What to Feel:

- Glute and hip engagement.
- Stability in pelvis during movement.

What to Avoid:

- Rolling the pelvis backward.

Red Flags:

- Sharp pain in the hip or lower back.

Regression:

- Perform smaller lifts for control.

Week 5 - Day 2

Drill 4: Single-Leg Glute Bridge with Rib Stability

Setup:

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

Instructions:

- Inhale to prepare.
- Exhale and lift hips while extending one leg.
- Hold briefly, then return to start.
- Switch legs and repeat.
- Sets: 2–3
- Reps: 8–10 per side
- Breath: Exhale to lift, inhale to lower
- Rest: 30–45 seconds between sets

What to Feel:

- Glutes and core engaged.
- Pelvis and ribcage stability.

What to Avoid:

- Arching the lower back.

Red Flags:

- Pain in the lower back or hips.

Regression:

- Perform a bilateral glute bridge.

Week 5 - Day 2

Drill 5: Supine Rib Shift with Core Engagement

Setup:

- Lie on your back with knees bent, feet flat.
- Hands resting on ribcage.

Instructions:

- Inhale to prepare.
- Exhale and shift ribs slightly to one side.
- Inhale and return to center.
- Switch sides and repeat.
- Sets: 2
- Reps: 8–10 per side
- Breath: Exhale to shift, inhale to return
- Rest: As needed

What to Feel:

- Subtle core activation and rib control.

What to Avoid:

- Over-shifting or losing control.

Red Flags:

- Sharp discomfort in ribs or spine.

Regression:

- Limit range of rib movement.

Week 5 - Day 3

Drill 1: Staggered Stance RDL with Hip Awareness

Setup:

- Stand with feet hip-width apart, one foot slightly behind (kickstand position).
- Hinge at hips, keeping back neutral.

Instructions:

- Inhale to prepare.
- Exhale and hinge forward, maintaining rib and pelvis control.
- Return to standing with control.
- Switch legs and repeat.
- Sets: 2–3
- Reps: 8–10 per side
- Breath: Exhale to hinge, inhale to return
- Rest: 30–45 seconds between sets

What to Feel:

- Glute and hamstring engagement.
- Pelvic and rib stability.

What to Avoid:

- Rounding or arching the back.

Red Flags:

- Sharp pain in hamstrings or lower back.

Regression:

- Perform a smaller hinge with less range of motion.

Week 5 - Day 3

Drill 2: Forward Lunges with Rib Control

Setup:

- Stand with feet shoulder-width apart.
- Hands on hips or extended forward for balance.

Instructions:

- Inhale to prepare.
- Exhale and step forward into a lunge, lowering back knee toward the floor.
- Inhale and push back to starting position.
- Switch sides and repeat.
- Sets: 2–3
- Reps: 8–10 per side
- Breath: Exhale to lunge, inhale to return
- Rest: 30–45 seconds between sets

What to Feel:

- Glute, quad, and core engagement.
- Rib and pelvis stability.

What to Avoid:

- Knees collapsing inward or arching the back.

Red Flags:

- Pain in knees or hips.

Regression:

- Perform smaller lunges to reduce intensity.

Week 5 - Day 3

Drill 3: Wall Hamstring Press 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 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 5 - Day 3

Drill 4: Bilateral Glute Bridge with Rib and Pelvic Control

Setup:

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

Instructions:

- Inhale to prepare.
- Exhale and lift hips toward the ceiling while maintaining rib control.
- Hold briefly, then return to starting position.
- Sets: 2–3
- Reps: 8–10 reps
- Breath: Exhale to lift, inhale to lower
- Rest: 30–45 seconds between sets

What to Feel:

- Glutes, hamstrings, and core engaged.
- Pelvis and rib stability maintained.

What to Avoid:

- Overarching the lower back.

Red Flags:

- Pain in the lower back or hips.

Regression:

- Perform a smaller range of motion.

Week 5 - 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 5 - Day 4

Drill 1: Wall Pushups with Rib Stability

Setup:

- Stand facing a wall, hands placed slightly wider than shoulder-width.
- Feet hip-width apart, body in a straight line.

Instructions:

- Inhale to prepare.
- Exhale and lower chest toward the wall, maintaining rib and pelvis control.
- Inhale and push back to starting position.
- Sets: 2–3
- Reps: 8–10 reps
- Breath: Exhale to push, inhale to lower
- Rest: 30–45 seconds between sets

What to Feel:

- Chest, shoulders, and core engaged.
- Maintained alignment of rib and pelvis.

What to Avoid:

- Arching the lower back or losing core control.

Red Flags:

- Pain in shoulders or wrists.

Regression:

- Perform with a higher incline (closer to wall).

Week 5 - Day 4

Drill 2: Chair Pushups with Pelvic Stability

Setup:

- Place hands on the edge of a sturdy chair, feet extended behind in plank position.
- Maintain a straight line from head to heels.

Instructions:

- Inhale to prepare.
- Exhale and lower chest toward the chair, keeping ribs aligned.
- Inhale and push back to start.
- Sets: 2–3
- Reps: 8–10 reps
- Breath: Exhale to push, inhale to lower
- Rest: 30–45 seconds between sets

What to Feel:

- Chest, shoulders, and core engaged.
- Controlled movement with rib stability.

What to Avoid:

- Allowing hips to drop or arching back.

Red Flags:

- Pain or discomfort in shoulders.

Regression:

- Perform pushups against a higher surface.

Week 5 - Day 4

Drill 3: Floor Pushups with Rib and Pelvic Control

Setup:

- Start in a plank position, hands slightly wider than shoulder-width.
- Maintain rib and pelvis control.

Instructions:

- Inhale to prepare.
- Exhale and lower chest to the floor.
- Inhale and push back to starting position.
- Sets: 2–3
- Reps: 6–8 reps
- Breath: Exhale to push, inhale to lower
- Rest: 45–60 seconds between sets

What to Feel:

- Chest, triceps, and core engaged.
- Stable rib and pelvis position.

What to Avoid:

- Collapsing through shoulders or arching back.

Red Flags:

- Pain in shoulders or wrists.

Regression:

- Perform on knees or with reduced range.

Week 5 - Day 4

Dill 4: Seated Spine Rotation with Reach

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 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 5 - Day 4

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.
- 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.

Week 5 - Day 5

Drill 1: Horse Stance with Rib Control (Longer Hold)

Setup:

- Stand with feet wider than shoulder-width apart, toes slightly turned out.
- Arms extended forward or hands on hips.

Instructions:

- Inhale to prepare.
- Exhale and lower hips until thighs are parallel to the floor.
- Hold for 30–45 seconds while maintaining rib and pelvic control.
- Sets: 2–3
- Reps: 2–3 holds
- Breath: Steady breathing throughout
- Rest: 30–45 seconds between holds

What to Feel:

- Thigh and glute activation.
- Rib stability and core engagement.

What to Avoid:

- Allowing knees to collapse inward or arching the back.

Red Flags:

- Sharp knee or hip pain.

Regression:

- Perform a higher stance to reduce intensity.

Week 5 - Day 5

Drill 2: Calf Raises with Rib and Pelvic Control

Setup:

- Stand with feet hip-width apart, hands on hips or a wall for support.
- Maintain rib and pelvis alignment.

Instructions:

- Inhale to prepare.
- Exhale and lift heels off the ground.
- Hold briefly, then return to starting position.
- Sets: 2–3
- Reps: 10–12 reps
- Breath: Exhale to lift, inhale to lower
- Rest: 30–45 seconds between sets

What to Feel:

- Calf and foot engagement.
- Rib and pelvis stability.

What to Avoid:

- Collapsing arches or losing alignment.

Red Flags:

- Pain in calves or ankles.

Regression:

- Perform smaller range of motion.

Week 5 - Day 5

Drill 3: Tib Raises with Breath Awareness

Setup:

- Stand with feet hip-width apart, hands on hips or a wall for support.
- Maintain rib and pelvis alignment.

Instructions:

- Inhale to prepare.
- Exhale and lift toes off the ground, shifting weight to heels.
- Hold briefly, then return to starting position.
- Sets: 2–3
- Reps: 10–12 reps
- Breath: Exhale to lift, inhale to lower
- Rest: 30–45 seconds between sets

What to Feel:

- Engagement of tibialis anterior.
- Controlled movement with rib stability.

What to Avoid:

- Leaning backward or losing balance.

Red Flags:

- Pain in shins or ankles.

Regression:

- Perform smaller lifts for control.

Week 5 - Day 5

Drill 4: Hooklying Rib Expansion with Marching

Setup:

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

Instructions:

- Inhale deeply, feeling ribs expand laterally.
- Exhale and lift one foot off the floor, maintaining rib control.
- Return to starting and alternate sides.
- Sets: 2–3
- Reps: 8–10 slow reps per side
- Breath: Inhale to prepare, exhale to lift
- Rest: As needed

What to Feel:

- Core and rib engagement.
- Controlled movement with breath.

What to Avoid:

- Arching the back or losing core control.

Red Flags:

- Pain or discomfort in the lower back.

Regression:

- Perform smaller marches to maintain control.

Week 5 - Day 5

Drill 5: Supine Pelvic Rock with Breath Control

Setup:

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

Instructions:

- Inhale to prepare.
- Exhale and gently rock your pelvis backward and forward.
- Focus on smooth movement and maintaining rib control.
- Sets: 2–3
- Reps: 8–10 slow reps
- Breath: Exhale to rock, inhale to return
- Rest: As needed

What to Feel:

- Smooth pelvic motion.
- Core engagement with controlled breath.

What to Avoid:

- Overarching or collapsing posture.

Red Flags:

- Sharp pain or discomfort.

Regression:

- Perform smaller movements for better control.