

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.