



BWS ***ROUTINE***

ANTERIOR PELVIC TILT

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DAILY CORRECTIVE ROUTINE

EXERCISE	SETS	REPS	REST
Lying Pelvic Tilts	1	10	30 seconds
Standing Pelvic Tilts	1	10	30 seconds
Bodyweight Hip Thrusts	3	10+	1 minute
RKC Plank	2	-	1 minute
Lunge Stretch	2	Keep for 30 seconds	-
Rectus Femoris Stretch	2	Keep for 30 seconds	

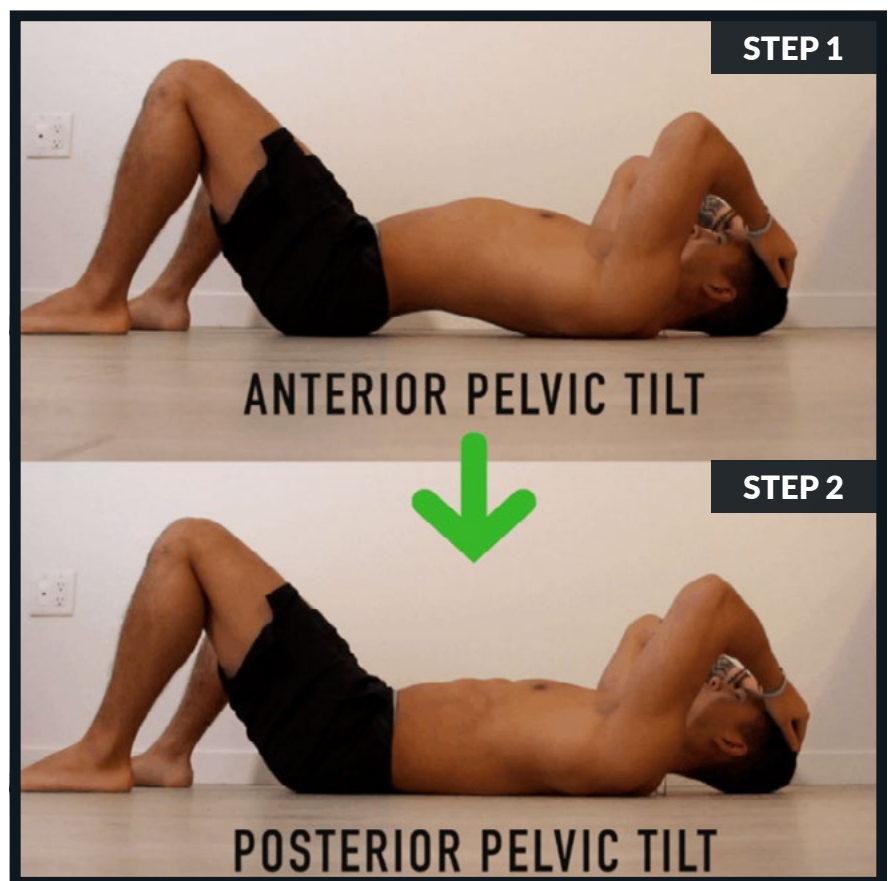
EXERCISE 1: LYING PELVIC TILTS

STEP 1

Lay with your back on the ground, knees bent, and feet flat on the floor about shoulder-width apart. You should notice a gap between your lower back and the floor.

STEP 2

Flatten this gap by pushing your lower back into the floor by contracting your abdominals and squeezing your glutes. What you just did is called “posterior pelvic tilt”. Repeat this by going back and forth between an arched lower back and a flattened lower back. The goal with this exercise is to familiarize yourself with what a posterior pelvic tilt feels like.



EXERCISE 2: STANDING PELVIC TILTS

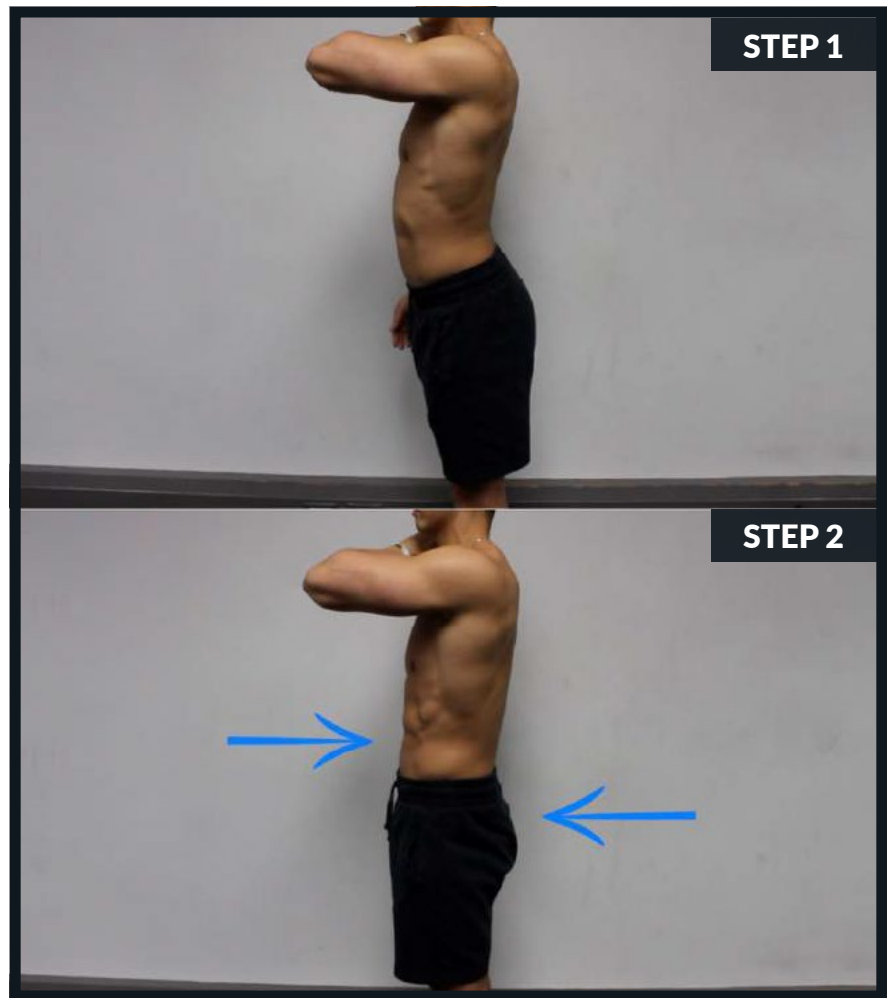
Perform the same protocol as the lying pelvic tilts, but this time standing up. Focus on squeezing the glutes and contracting the abs as you move from anterior pelvic tilt into posterior pelvic tilt.

STEP 1

Stand relaxed with your feet shoulder-width apart.

STEP 2

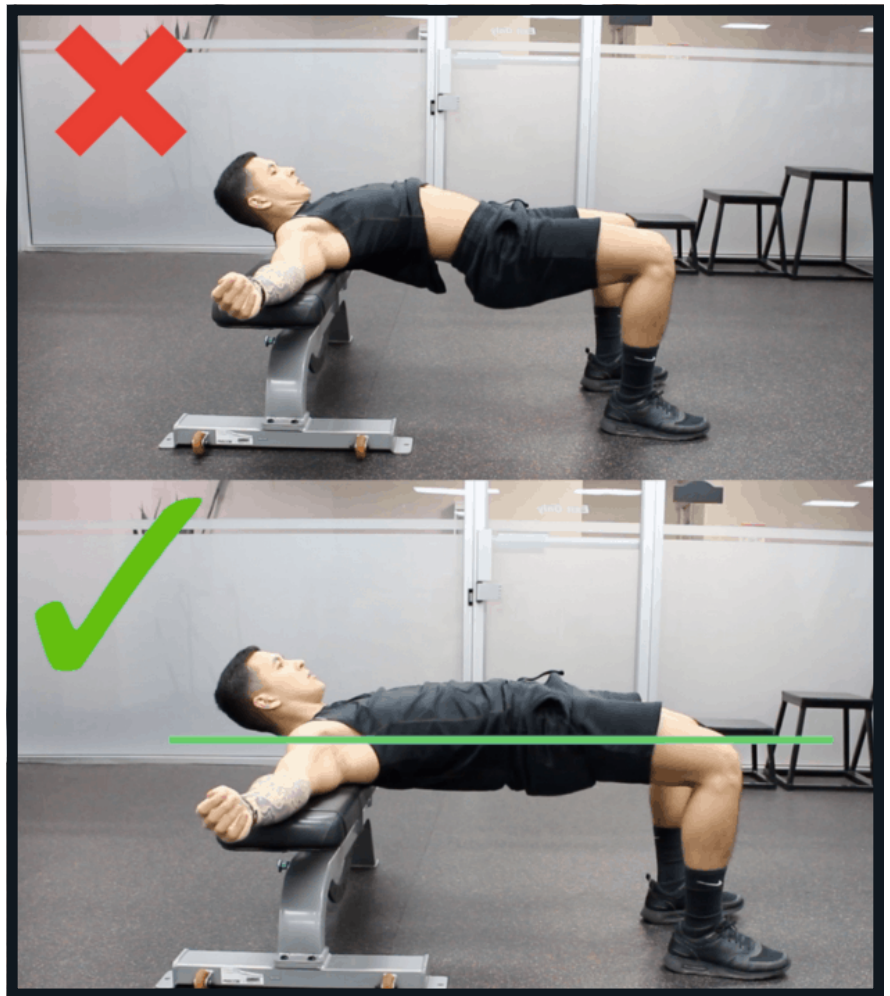
Then, squeeze the glutes to come into posterior pelvic tilt.



EXERCISE 3: BODYWEIGHT HIP THRUSTS

Basically, all you're doing is driving your hips up towards the ceiling. But there are a few key important points you need to keep in mind.

1. Keep your shoulder blades on the bench and place your feet so that your shins are vertical at the top position of the thrust.
2. Don't arch your lower back as you perform the movement.
3. Instead, posteriorly tilt your pelvis by actively squeezing the glutes.
4. At the top position, you should be able to draw a straight line from your upper body to your knees.



SHORTCUT YOUR TRANSFORMATION!

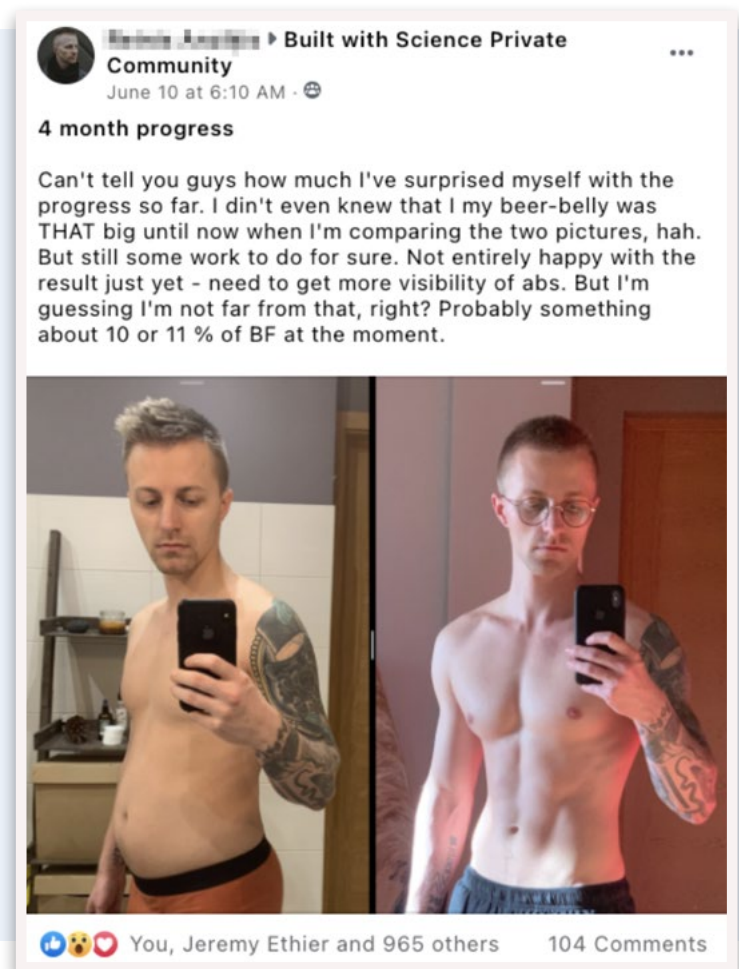
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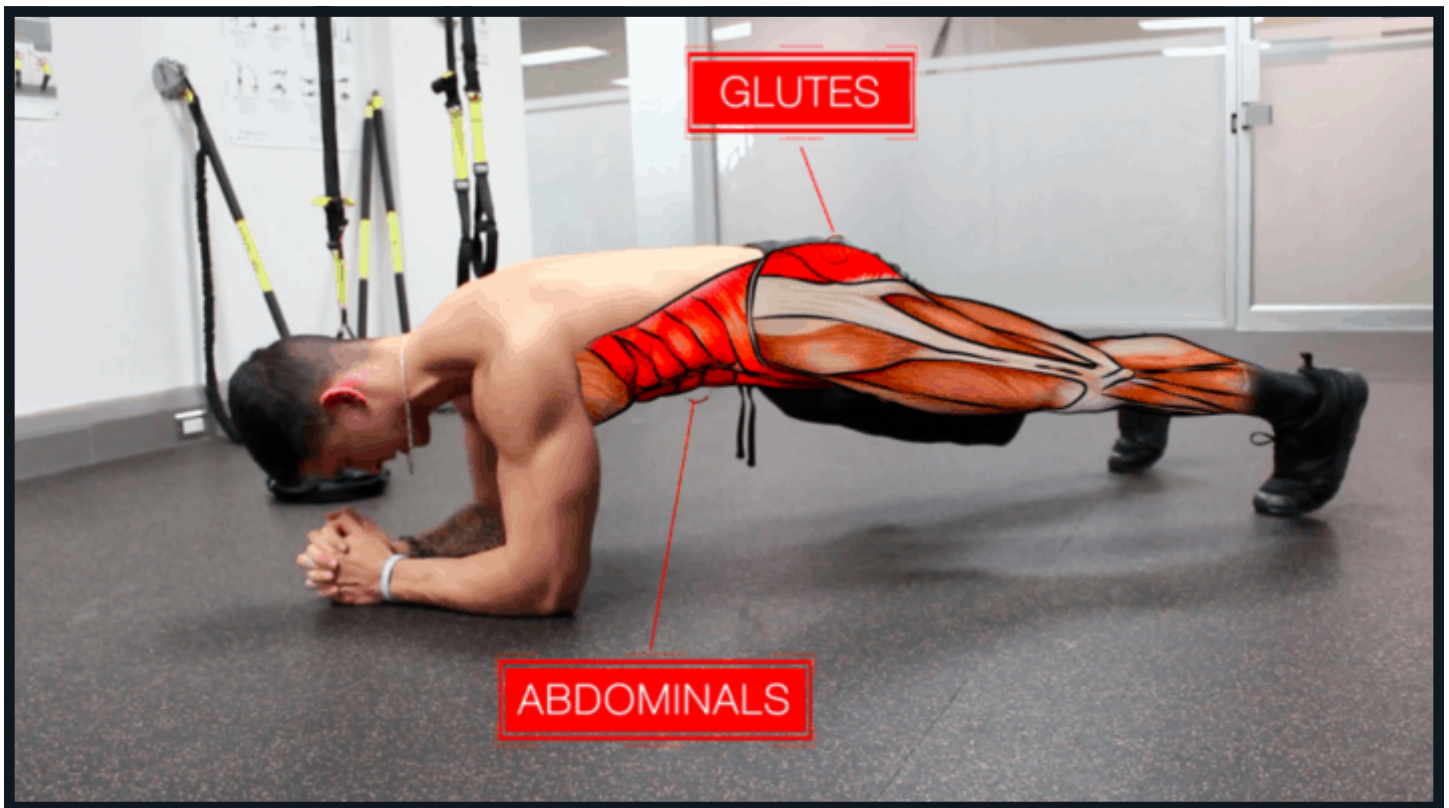
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EXERCISE 4: RKC PLANK

Here's some key points for proper execution of this exercise:

1. Set up how you would in a standard plank but with your hands interlocked and your feet slightly wider than normal.
2. Activate your abdominals by thinking about drawing your belly button towards your spine.
3. Using what you learned in exercise 1, posteriorly pelvic tilt your hips by squeezing your glutes and keeping them contracted as you hold the plank.
4. Hold this position for as long as possible without letting your lower back arch.
5. You should feel a strong contraction in your glutes and abdominals, as shown below.



EXERCISE 5: LUNGE STRETCH

STEP 1

Get into a lunge position with both knees at 90 degrees.

Contract your abdominals by thinking about drawing your belly button towards your spine AND move your hips into posterior pelvic tilt. The goal is to feel a deep stretch in the front of your back leg. Many of you will find that this position (step 1 in the photo) already provides an adequate stretch.

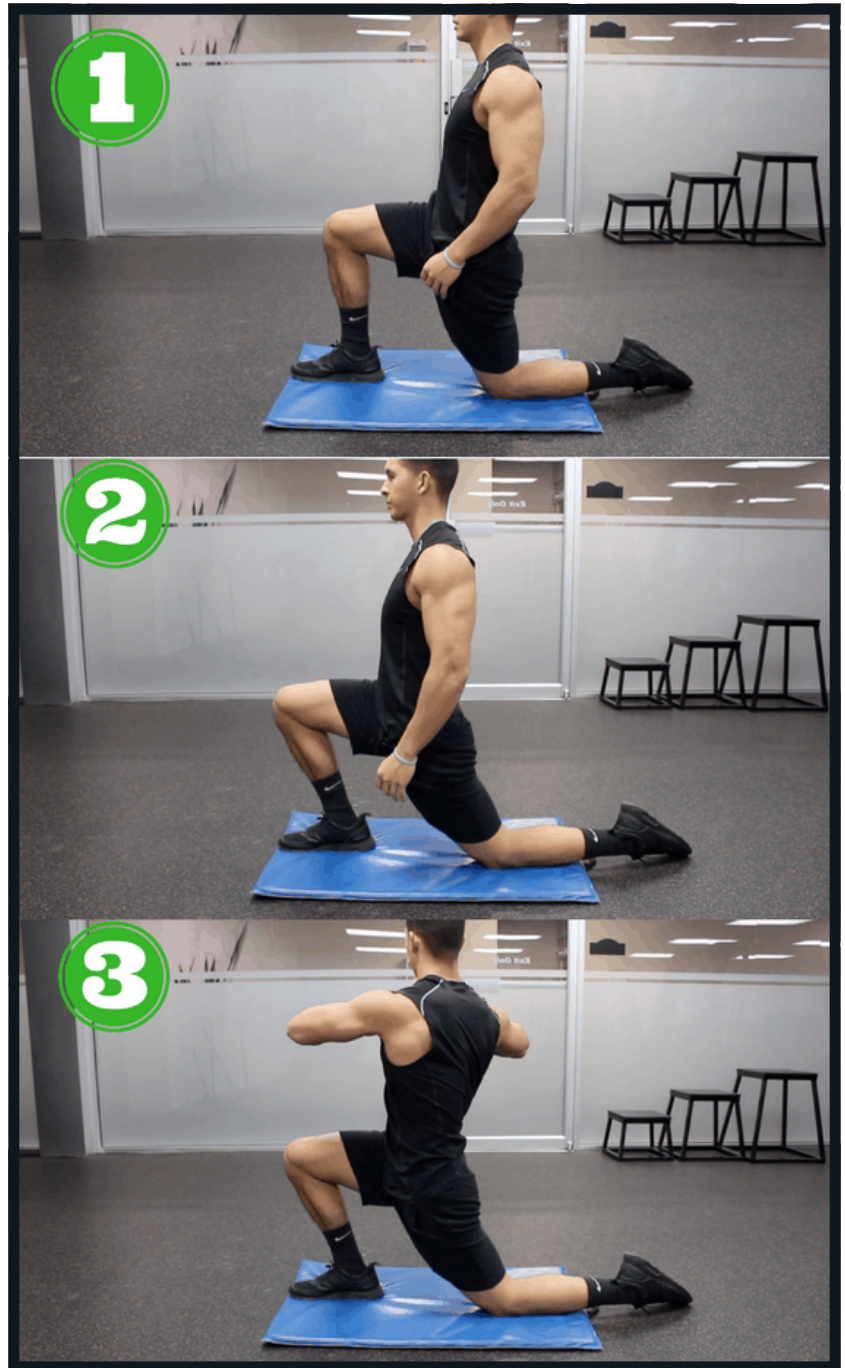
STEP 2

For a deeper stretch, simply lean forward while maintaining your posterior pelvic tilt as you shift forward (step 2 in the photo).

STEP 3

For an even deeper stretch, rotate your upper body to the opposite side (step 3 in the photo).

Hold each side for around 10 deep breaths.



EXERCISE 6: RECTUS FEMORIS STRETCH

OPTION 1

Place your back foot up on a bench or couch with your other foot planted forward.

Again, you want to contract your abdominals by drawing your belly button towards your spine AND move your hips into posterior pelvic tilt. You should feel a deep stretch down the front of your thigh.

OPTION 2

You can move forward slightly for less of a stretch or move closer to the bench for more of a stretch. Another option is to do these without a bench by pulling up the back leg.



EXERCISE PROGRESSIONS

The lying/standing pelvic tilts and hip flexor stretches should be a staple in your corrective routine. These exercises and stretches don't necessarily need to be progressed (although you could increase the frequency in which you do them overtime). However, with that being said, there are progressions for the hip thrust and the RKC plank which you should utilize.

1. BODYWEIGHT HIP THRUST PROGRESSION

The easiest way to progress this exercise is by simply adding weight to the movement. You can do this by performing barbell (or any weighted bar) hip thrusts. My advice is that once you can perform multiple sets of 20+ reps of bodyweight hip thrusts with good form (posterior pelvic tilt), then you should be ready to try it out with a barbell and start adding weight to it. However, these weighted hip thrusts should then be integrated into your leg workouts as opposed to performing them daily. The added load will require more recovery time for your glutes.

Another viable option is to perform elevated single-leg hip thrusts as seen below. You want to use the same tips as in the bodyweight hip thrusts. These can be done every other day or integrated into your leg workouts.

2. RKC PLANK PROGRESSIONS

The easiest way to progress this exercise is by simply holding the position for a longer period of time as you get stronger. However, ideally you want to start adding in other abdominal exercises as you get better at minimizing the involvement of your hip flexors.

Some potential options are:

- Lying leg raises (with a posterior pelvic tilt)
- Decline leg raises (with a posterior pelvic tilt)
- Ab wheel rollout
- Hollow body holds

You can incorporate these additional ab exercises into an ab workout on its own, which can be done 2-3 times per week as opposed to daily. But this should only be considered after your anterior pelvic tilt is noticeably better from performing the original daily corrective routine.

LONG-TERM PLAN

Use the following guidelines for the best long-term strategy for correcting anterior pelvic tilt and making sure it stays that way!

1. Consistently use the daily corrective routine I provided for a couple months. You should notice a big difference in your pelvic tilt position.
2. You can then start to experiment with exercise progressions such as the weighted hip thrusts and abdominal progression exercises I mentioned. I would still stretch the hip flexors and perform the standing/lying pelvic tilts daily, but the weighted hip thrusts can be integrated into your leg workouts and the abdominal exercises can be done on their own 2-3 times per week.
3. Be aware of how your posture is throughout the day. Take frequent walk breaks if you sit for extended periods throughout the day, and watch your pelvic position when performing squats and deadlifts!

ADDITIONAL COMMENTS

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I put in a lot of effort into providing this routine for you free of charge. All I ask in return is that you show your support for my work and connecting with me on my social media platforms where I share more informative content on a regular basis:



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