**Lumbar Flattening**

A) Pelvic Tilt (Supine)

Video: https://www.youtube.com/watch?v=JPaiq9wd7ko

Starting position:

Push on B3, B4 (lying on your back with knees bent and feet flat on mat)

Action:

Gently tilt your pelvis backward by flattening your lower back against the mat

Hold for 5 seconds, then relax

Repeat 10–15 times

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B) Bird-Dog

Video: https://www.youtube.com/watch?v=ZdAHe9\_HeEw

Starting position:

Push on B1, B2, B3, B4

Left Arm + Right Leg Extension:

Pull B1 (lift left hand off)

Pull B4 (lift right knee/leg off)

Hold for 5 seconds

Return to push B1, B4

Right Arm + Left Leg Extension:

Pull B2 (lift right hand off)

Pull B3 (lift left knee/leg off)

Hold for 5 seconds

Return to push B2, B3

Repeat 5 times per side

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C) Dead Bug

Video: https://www.youtube.com/watch?v=g\_BYB0R-4Ws

Starting position:

Push on B3, B4 (lying on your back with hips and knees at 90 degrees, arms up)

Left Arm + Right Leg Movement:

Pull B1 (lift left hand up and extend back)

Pull B4 (extend right leg forward without touching the mat)

Hold 5 seconds, return to push B1, B4

Right Arm + Left Leg Movement:

Pull B2 (lift right hand up and extend back)

Pull B3 (extend left leg forward without touching the mat)

Hold 5 seconds, return to push B2, B3

Repeat 5 times per side

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D) Glute Bridge

Video: https://www.youtube.com/watch?v=8bbE64NuDTU

Starting position:

Push on B3, B4 (lying on your back with knees bent, feet flat)

Action:

Lift pelvis up while maintaining push on B3, B4

Hold for 5 seconds

Lower pelvis slowly

Repeat 10–15 times

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