

Supine Lower Trunk Rotation



Setup

Begin lying on your back with your feet flat on the floor and your arms straight out to your sides.

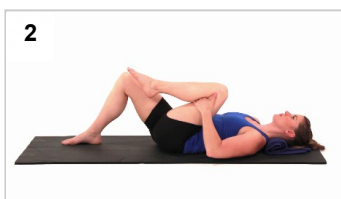
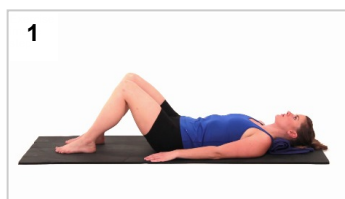
Movement

Lower your knees to one side, return to center, and repeat on the other side.

Tip

Make sure to activate your core muscles and keep both of your shoulders in contact with the ground throughout the exercise.

Hooklying Single Knee to Chest Stretch



Setup

Begin lying on your back with your legs bent and feet resting on the ground.

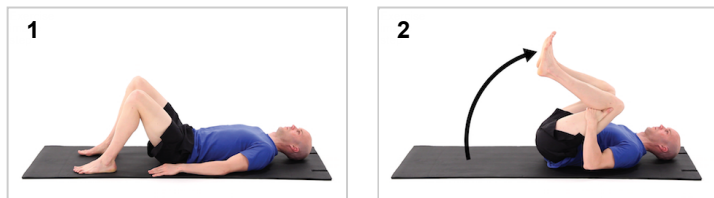
Movement

Place your hands around one thigh, then slowly pull your knee toward your chest until you feel a gentle stretch in your lower back.

Tip

Make sure to keep your back relaxed during the stretch.

Supine Double Knee to Chest



Setup

Begin lying on your back with your knees bent and feet resting flat on the floor.

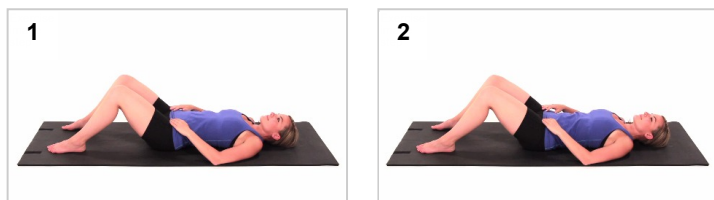
Movement

Using your hands, slowly pull your knees toward your chest until you feel a gentle stretch in your lower back.

Tip

Make sure to keep your back relaxed during the stretch.

Supine Pelvic Tilt



Setup

Begin by lying on your back with your knees bent and feet resting on the floor.

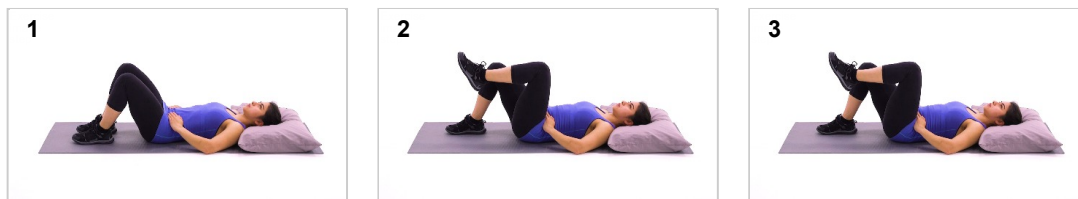
Movement

Slowly tilt your pelvis forward, then tilt it back to neutral, and tilt it backward. Repeat these movements.

Tip

Make sure to concentrate your movements only on your pelvis.

Supine March with Posterior Pelvic Tilt



Setup

Begin lying on your back with your knees bent and feet resting on the floor.

Movement

Engage your abdominals and slowly raise one of your legs off the floor, keeping your knee bent. Hold briefly, then lower it back to the starting position and repeat with your other leg.

Tip

Make sure to keep your core engaged and do not let your low back arch during the exercise.

Supine Bridge



Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

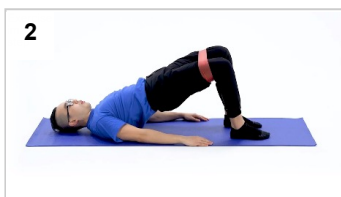
Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Supine Bridge with Resistance Band



Setup

Begin lying on your back with your arms laying at your sides, your legs bent at the knees and your feet flat on the ground, with a resistance band secured around your legs.

Movement

Maintaining tension in the resistance band, tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.