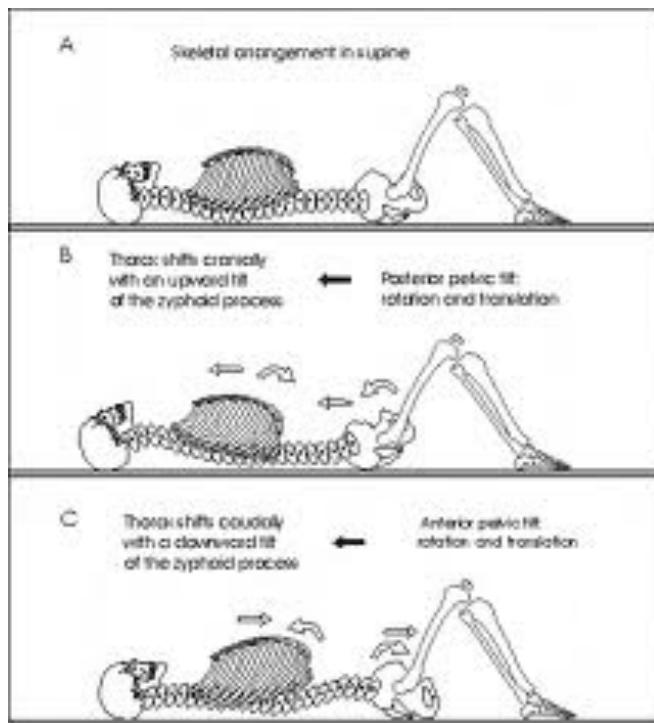


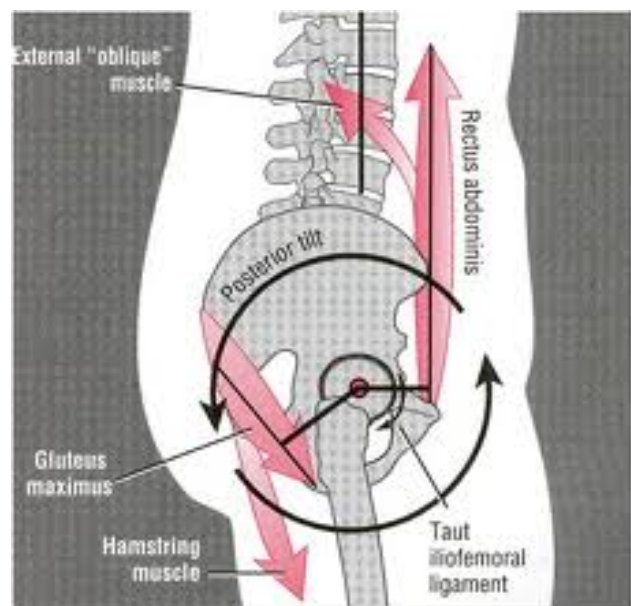
Posterior Pelvic Tilt Exercises

~ Floor or Wall ~

1. Stand against a wall (or lay on floor) and place feet shoulder width apart and about a foot away from the wall (keep a slight bend in your knees). Be sure to distribute your weight evenly throughout the entire surface of your foot, activating the little toes to gently grip the floor.
2. Stand up straight against the wall and place a hand on your lower back, feeling for a little space that exists from your natural curve. The goal of a posterior pelvic tilt is to flatten out this curve and leave no space for your hand between the wall.
3. Keep your chin tucked back and the back of your head against the wall as you take a deep breath in and slowly release – pulling your bellybutton up and in while rocking your pelvis backward and tucking your tail bone. (This is not a very large movement and takes control).
4. If you tried to slide your hand behind your low back at this point, there should be no space left. Your spine should be flush to the wall or floor.
5. Hold this position for a count of 5 and repeat 3-4 more times. Each time, breathing out as you tilt your pelvis posteriorly. Return to your neutral spine position when finished.



bodyiqpilates.wordpress.com



<http://www.webbfitness.net/exercise-tips/what-is-the-core>