



Notes :

1 TrA recruitment**Sets: 2 Reps: 10 Hold: 5**

Lay on your back on a firm, flat surface with your knees bent, feet flat and head supported on a pillow.

Place your hands just above your hip bones in front and slightly toward the centre of your belly on each side to monitor the contraction of the transversus abdominis muscle.

Find your neutral spine position by slowly rolling your hips backward to press your back toward the surface, then slowly roll your hips forward to lift your back away from the surface. Slowly move between these two positions to find your most comfortable position. This is your neutral spine position.

Keep your neutral spine position throughout the exercise.

Gently pull your belly button toward your spine, you should feel a slow and deep tension under your fingers without any superficial abdominals activation (rigidity of the rib cage) or any movement of the pelvis.

Hold the contraction for the recommended time.

2 Stabilization abd./ext. rot.**Sets: 2 Reps: 10**

Lie on your back with your knees bent and your lower back in neutral position (slightly arched). Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of maximal contraction.

Maintain a steady abdominal breathing while you lift one knee up to 90 degrees and then the other.

Slowly open one leg to one side, keeping your lower back and the other leg completely still. Return to the middle and repeat with the other leg before returning to the starting position by lowering one leg at a time.

3 TA activation, abd./ER**Sets: 2 Reps: 10**

Lie on your back with one leg straight, the other knee bent and your back in neutral position (slightly arched).

Engage your core by recruiting your pelvic floor and transverse abdominis.

Maintain a steady abdominal breathing while you let the bent knee open up to the side. Lift your foot off the surface, straighten your leg and move it sideways back and forth, keeping your back and pelvis completely still.

Return slowly to the initial position and repeat the entire sequence beginning with the other leg.

4 Stabilization Dead bug**Sets: 2 Reps: 10**

Lie on your back with your legs straight and your arms overhead.

Bend one leg and the opposite arm and raise them up from the ground with a 90 degree angle at each joint.

Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of a maximal contraction. Maintain a steady abdominal breathing while you open the leg and the arm towards the floor without moving the rest of your body.

Return to the middle slowly and repeat with the other leg and the opposite arm.

5 Stabilization hip extension**Sets: 2 Reps: 10**

Lie on your stomach with your back in neutral position.

Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of maximal contraction.

Maintain a steady abdominal breathing while you lift one leg up, keeping it straight and keeping your back and pelvis completely still.

Return slowly to the initial position and repeat, beginning with the other leg.



6 Bird dog



Sets: 2 Reps: 10

Get on your hands and knees (four point position) with your knees directly under your hips and your hands directly under your shoulders.

Your back is in a neutral position (slightly arched) and your chin must be tucked in.

Tighten slightly your abdominals, lumbar muscles and pelvic floor muscles then lift one arm and the opposite leg without allowing the trunk or pelvis to move or rotate.

Try to grab something far away in front of you with your hand and touch an imaginary wall far behind you with your foot instead of just lifting them up.

Lower your leg and arm back to the floor and repeat with the other leg and the opposite arm.

7 Active hip int./ext. rot.



Sets: 2 Reps: 10

Stand on one foot and hold on to a stable object (wall, chair or table).

Keeping your body as stable as possible, swing the elevated leg, creating a figure 8 without bending your knee and draw the 8 in both directions.

8 Back bridge, feet on ball



Sets: 2 Reps: 10

Lie on your back with your legs straight, your ankles on a ball and your back in neutral position (slightly arched).

Engage your core by recruiting your pelvic floor and transverse abdominis.

Raise your arms up.

Keep your knees slightly bent and maintain a steady abdominal breathing while you lift your pelvis off the ground, keeping your back straight.

Return to the floor and repeat.

9 Unilateral bridge on ball



Sets: 2 Reps: 10

Lie on your back with one of your ankles on a ball, the other leg straight off the ball and your back in neutral position (slightly arched). Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of maximal contraction.

Maintain a steady abdominal breathing while you lift your pelvis off the floor, keeping your back straight and your knee slightly bent. Return to the floor and repeat.

10 Hip flexion in supine bridge



Sets: 2 Reps: 10

Put your head and shoulders on a ball and put yourself in a back bridge position. Your knees are bent 90 degrees, your back must be straight but not arched and your chin must be tucked in.

Activate your abdominals to keep your spine stable and lift one leg to bring the thigh 90 degrees while keeping the pelvis still.

Lower your foot and repeat with the other leg.

Maintain a steady abdominal breathing while you do the exercise.



11 Strengthening glutes



Sets: 2 Reps: 10

Lie on your back with your knees bent and one leg crossed over the other. Contract your abdominal muscles and your buttocks while lifting your buttocks off the ground until your trunk is aligned with your supporting leg. Slowly return to the initial position and repeat.

12 Isometric hip abduction



Sets: 2 Reps: 10

Stand on one leg beside a wall with the other leg bent and touching the wall. Have the support foot facing forward and your knee cap aligned with your second toe by activating your buttock muscle to externally rotate the supporting leg. Push your other knee against the wall without moving your body. Relax and repeat.

13 Airplane (with pelvis rotation)



Sets: 2 Reps: 10

Stand on one foot in an airplane position with your hips parallel to the floor and your hands on the hips. Rotate your whole body, opening-up completely at the hips and pelvis under control. Slowly return to the initial position and continue the rotation in the opposite direction, closing-up at the hips and pelvis. Maintain balance and stability on one leg with your knee slightly bent and stable at all times.

14 Trunk rotation stabilization



Sets: 2 Reps: 10

Stand with your feet facing forward at hip width. Hold a resistance ball in your hands with your arms stretched in front and lower your body to a squat position by bending your hips and knees, keeping your back straight (slightly arched) and your knee caps aligned with the second toe. Turn your upper body to one side without moving your pelvis or knees and repeat on the other side before going back to standing the position.

15 Frog crunch



Sets: 2 Reps: 10

Lie on your back with your hips at 90 degrees, legs open and ankles crossed (frog position). Place your hands together between your legs and crunch up by activating your abdominals, keeping your chin in. Return and repeat.



16 Plank, hip flexion



Sets: 2 Reps: 10 Hold: 5

Lie on your stomach, propped up on your hands and toes with your chin tucked in and your feet together.

Lift up your pelvis creating a straight line with your body.

Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of maximal contraction. Maintain a steady abdominal breathing while you slowly bend one knee and lift your thigh towards your belly without letting your pelvis turn.

Slowly lower your leg and repeat with the other one.

Hold the position without arching your back.