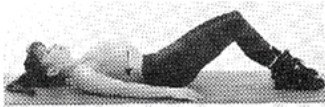
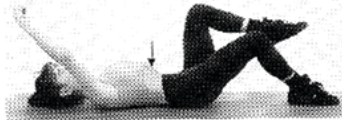


## Pelvic & Trunk Stabilization Exercises - Floor



### 1. Posterior Pelvic Tilts

Level I = Hook lying 1 min./3 sec. hold  
 Level II = Straight legs 2 min./3 sec. hold  
 Level III = Around the clock 3 min./3 sec. hold



### 2. "Dead Bug"

Level I = 1 arm, 1 leg, slow reps, 1 minute  
 Level II = Opposite arm/leg, slow reps 3 minutes  
 Level III = 3# wrist & 5# ankle wt., 3 min



### 3. Prone Opposite arm and leg raises

Level I = one arm / one leg, slow reps, 1 min  
 Level II = Opposite arm/leg, 15 sec./2 min  
 Level III = "Superman", slow reps, 3 min



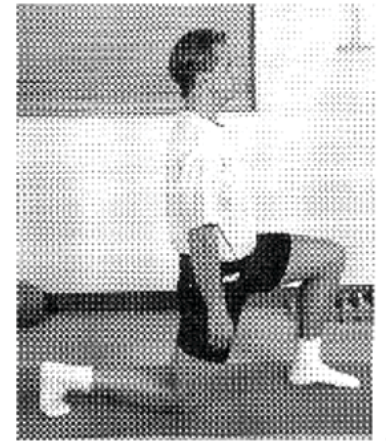
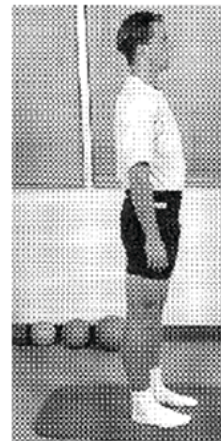
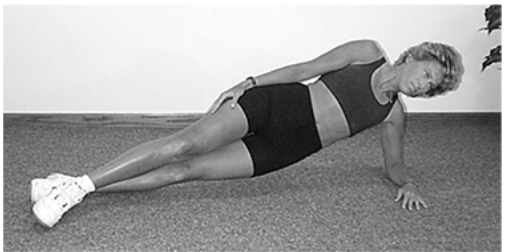
### 4. Bridge

Level I = Raise buttock off floor, parallel thigh/trunk, 30 sec  
 Level II = Bridge with a march, 1-3 minutes without resting  
 Level III = Bridge with opposite one leg extended, 15 sec/3 min



### 5. Partial Sit-ups

Level I = 2x5 FW/ Rt/Lt;  
 Level II = 2x10 same w/ hips/knees 90/90°  
 Level III = 3x10, hips 60° knees straight)

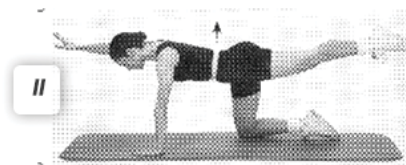
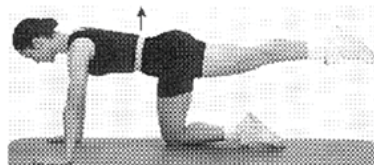
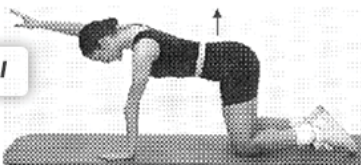


### 6. Horizontal Side-Bridge (bilat)

Level I = hold 6 sec from knees (not shown)\*  
 Level II = hold 6 sec from feet  
 Level III = hold for 12 sec from feet  
 \*Modify & support from knees if too difficult from the ankles/feet

### 7. Forward Lunges

Level I = 1 min without weights  
 Level II = 2 min. with weights  
 Level III = 3 min. with weights



### 8. Four Point Swimmer

Level I = Single arm / leg, slow reps, 3 min.;  
 Level II = Opposite arm / leg, slow reps, 3 min.;  
 Level III = 1/2 rounds, 3 min (not shown)

