

LOWER ABDOMINAL EXERCISE PROGRESSION

Purpose: Increases strength and endurance of the abdominal muscles. Improves control of these muscles and encourages a “neutral pelvic position”.

Benefit: Strong abdominal musculature is critical to maintaining proper posture and minimizing stress on the lower back. Strong, properly coordinated abdominals create a stable foundation to allow the rest of the body to function optimally and safely. When achieving proper posture (spine angle) at address and throughout the full swing. When you do a “pelvic tilt”, you lock your pelvis in a neutral position. This is the safest and most stable position for your spine and pelvis. You should attempt to hold a neutral pelvic position as much as possible. This becomes even more critical when making a full swing.

Instruction: **The Pelvic Tilt**
Every level begins with the pelvic tilt. The tilt should be maintained through the entire exercise. Always breathe when doing the exercise.

To do a pelvic tilt you will:

- Lay on the floor with knees bent
- Tighten your stomach muscles (as if to brace yourself)
- Flatten the arch in your lower back (you should feel the pressure of your low back being pressed into the floor or , if preferred, into a small towel roll.



#1 Level 1: Pelvic tilt in static back position.
Lay on the floor in the “static back” position. Place a towel roll under your neck. Pelvic tilt by contracting your stomach muscles and squeezing your low back into the floor.
Hold for 2-3 breaths, then relax.
Do 5 sets of 10 tilts (or a total of 50).
Progress to double tray position if possible.

Re-Educate



#44 Level 2: Pelvic tilt with knees bent, feet on floor. Lay on your back with your feet on the floor. Feet should be shoulder width apart, pointing straight ahead. Pelvic tilt as described above. Hold for 2-3 breaths, then relax. Do 5 sets of 10 or a total of 50 repetitions. Progress to double tray position if possible.



#45 Level 3: Pelvic tilt with alternate marching. Pelvic tilt as above, squeezing your lower back into the floor. Slowly lift one knee up until it is straight up and down, then lower it back to the floor. Now do the same with the other leg. Rest and re-tilt as needed. Complete 50 marches, 25 each leg. Progress to double tray position if possible.



#45A + 46 Level 4: UP-UP-DOWN-DOWN leg movements past 90°. Pelvic tilt as above. Lift the right knee as far as you can toward your chest (beyond 90°). Holding a strong pelvic tilt, now lift the left knee until it is next to the right. Slowly lower the right knee, then the left and then relax the pelvic tilt. Alternate starting with the right and left knee. Do 1 set of 20 tilts. Gradually build up to 20 reps with no relaxed tilt. Progress to double tray position if possible.

Re-Educate



#45A + 45B Alternating Leg Reach

Pelvic tilt, keep one knee bent with foot flat on floor. Slowly straighten other leg and keep the leg several inches off the floor. Hold for 1 full breath and bend leg back to starting position. Maintain pelvic tilt throughout exercise. Repeat with other leg.



#47A + 47B Level 5: UP-UP-DOWN-DOWN leg movements legs to 90°.

Start with a pelvic tilt. Lift the right leg up to 90° (perpendicular to the floor). Hold a strong tilt and lift the left knee up to 90°. Now lower the right, then the left.

Alternate starting with each leg. Do 1 set of 20 tilts. Gradually build up to 20 reps with no relaxed tilt. Progress to double tray position if possible.



Re-Educate



#48 Level 6: Alternating one leg slide on floor.

Begin with a pelvic tilt. Lift the right knee up to 90° and hold. Lift the left knee up to 90° and hold. Place the right heel on the floor and slide out until your leg is straight. Slide back along the floor and return to the 90° position. Repeat the slide with the left leg. Lower each leg down to the floor and relax the tilt.

Do 1 set of 20 tilts. Gradually build up to 20 reps with no relaxed tilt. Progress to double tray position if possible.



#49 Level 7: Alternating one leg reach in air.

Begin with a pelvic tilt. Lift the right knee up to 90° and hold. Lift the left knee up to 90° and hold. Reach the right leg straight out about 6" above the floor until it is straight. Return the leg to the starting position and reach with the left leg. Lower each leg down to the floor and relax the tilt.

Do 1 set of 20 tilts. Gradually build up to 20 reps with no relaxed tilt. Progress to double tray position if possible.