



## Supine On Foam Roll With Pelvic Tilt

Purpose:

Increases lower abdominal strength and improve overall balance.

Benefit:

Improve stability and balance through impact posture.

Instructions:

**A: Marching:**

Lay supine with foam roll going down middle of back. Pelvic tilt until lower/upper back is flat against roll. Raise one leg up and lower slowly down while maintaining pelvic tilt. Repeat with opposite leg.



**B: Double Leg Lift:**

Lay supine with foam roll going down middle of back. Pelvic tilt until lower/upper back is flat against roll. Raise one leg up, hold and continue to raise opposite leg until both legs are raised. Lower one leg slowly and repeat with opposite leg.



Quantity:

Reps \_\_\_\_\_ sets \_\_\_\_\_