



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.

Instructions:

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)



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.