



## Lower Abdominal Exercise Progression Continued



### #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-DOWNDOWN 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.



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