

## A) Low Back Peel Ups

Make sure to keep looking down; do not strain your neck by tilting the head up.



## B) Bird/Dog

Make sure to keep the hips level and still, try not to rotate them at all when bringing your legs back.

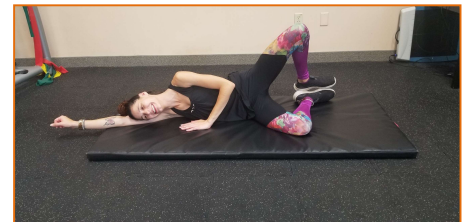


## C) Bridges



## D) Clamshell

Make sure to keep the hips stacked right on top of each other; do not allow the top hip to rotate backwards as you bring the top knee up.



## E) Pelvic Tilt

Keep your bum on the mat. You should be able to feel the lower back flattening out against the floor and your core tighten up

