

Abdominal Wraps + Pelvic Stabilization

Lay in a comfortable position and place your hands on your lower abdomen, just inside your hip bones.

Take a deep belly inhale, breathing diaphragmatically. Think big belly, hard belly.

Exhale and begin to engage your core. Make a 'shhh' sound to help engage.

Inhale, take a deep belly breath.

Exhale, tension through the pelvic floor and lower belly and “wrap” the abdominals. Imagine continuing to draw into each part of the muscle: just above the pubic bone, at your belly button and at your lower ribs. Imagine zipping up a tight pair of pants, a tight jacket and stitching your lower ribs together to gain a full 360 degree wrap of your deep core. You should feel the pelvic floor contract and lift.



Bent Knee Fall Out

- 1) inhale, belly breath
- 2) exhale, wrap and slowly let one knee fall away from midline, keep the pelvis stable
- 3) inhale, return to midline
- 4) exhale, repeat on opposite leg



Leg Extension

- 1) inhale, belly breath
- 2) exhale, wrap and slowly slide your heel down to extend your leg
- 3) inhale, chest breath and pause
- 4) exhale, bend your knee and slide the heel up towards you back to the start position
- 5) repeat on opposite leg



Leg Extension/Rotation Combination

- 1) inhale, belly breath
- 2) exhale, wrap and slowly slide your heel down to extend your leg
- 3) inhale, chest breath and externally rotate your leg, pointing your toes away from your midline
- 4) exhale, bend your knee and slide the heel up towards you back to the start position
- 5) inhale, return your leg to midline
- 6) repeat on opposite leg