

Get on your hands and knees in a tabletop position. Keep your hands directly under your shoulders and your knees under your hips. Keep your spine flat and neutral.



Exhale slowly as you tuck your chin toward your chest and round your mid and lower back up toward the ceiling.

Inhale as you slowly drop your belly toward the floor, lifting your chest and tailbone slightly.

Move smoothly back and forth between the two positions 8 to 12 times.



Lie on your back on a comfortable flat surface or mat with your knees bent and your feet flat on the floor. Keep your arms resting relaxed at your sides.

Inhale deeply to relax your body and prepare your core.

Exhale and tighten your core by pulling your belly button toward your spine and squeezing your glutes (buttock muscles).



Flatten your lower back against the floor, tilting your pelvis backward. Do not push up with your feet.

Hold this position for 3 to 5 seconds while breathing normally.

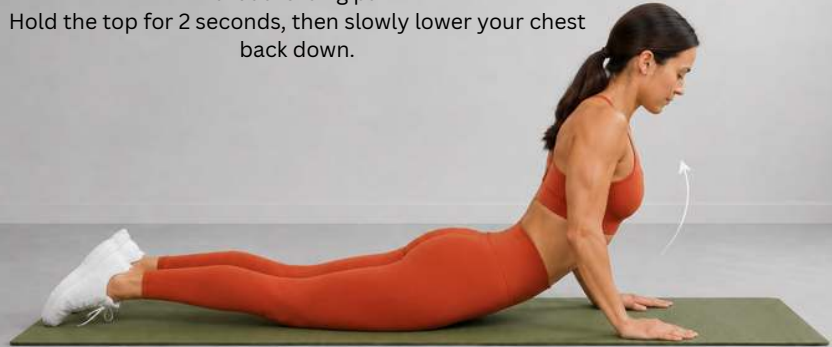
Release gently back to a neutral position with a natural, small curve in your lower back.



Lie face down on a flat surface or mat, with your legs relaxed and your hands placed flat on the floor right under your shoulders. Keep your hips and pelvis completely relaxed and touching the floor.



Use your arms to gently push your upper body up, letting your lower back and stomach sag completely. Straighten your elbows only as far as it feels comfortable without forcing pain. Hold the top for 2 seconds, then slowly lower your chest back down.



Get on your hands and knees in a tabletop position. Place your hands directly under your shoulders and your knees under your hips. Tighten your abdominal muscles as if you expect someone to gently poke or tap your stomach. Keep your spine flat and neutral.



Slowly reach your right arm straight forward while extending your left leg straight back behind you. Do not raise your arm or leg higher than your spine. Lifting too high can cause your lower back to arch or twist. Hold this steady position for 6 to 10 seconds while breathing normally. Lower your limbs slowly back to the floor with control, then switch to the other side.



