



Exercises for Anterior Pelvic Tilt

Welcome!

If you're interested in alleviating pain, increasing mobility and gaining more independence, then you're on the right path.

Our team has a combined 30 years of experience working in the field of fitness and well-being with Multiple Sclerosis. At the core of our success is the Steady-Pace® Technique. It is a slow motion type of movement that keeps your body and joints safe. The best part about it is that you only need to exercise 2-3 times a week!

This workout guide is designed to give you exercises that help improve your Anterior Pelvic Tilt. The goal is to safely and effectively strengthen your glutes, hamstrings, and abs so you can pull your hips forward into a natural state.

SAFETY FIRST

- 1.) Please consult with your physician before starting any new exercise program.
- 2.) Have a fan blowing on you while you exercise.
- 3.) Turn your thermostat down to 65 degrees.
- 4.) Drink water regularly during your exercise..
- 5.) If you feel unsafe exercising by yourself, schedule your workout so that another person can be next to you during your session.



3 Exercises for Anterior Pelvic Tilt

Let's begin.

Each exercise should be performed for 1:30 seconds. Make note of the time that you could no longer exercise for. Next time you perform the exercise try to beat that previous time. If you need a progress journal download one at www.msworkouts.com/progress-journal-sign-up



Hip Bridge

Performing a Hip Bridge engages your posterior chain, hamstrings, glutes, and erector spinae.



Bottom Turnaround



Top Turnaround

DIRECTIONS:

- Lay down, with knees bent around 45 degrees (as shown in Bottom Turnaround).
- Raise your hips off the ground until your knees reach 90 degrees (or as far as your flexibility allows).
- Perform this movement 7 seconds slowly up and 7 seconds slowly down. Do not allow your muscles to disengage at the Bottom Turnaround.
- Do this for 1 minute 30 seconds. Mark down in progress journal the time you reach full exhaustion. (Try to beat that time, next time).



Crunch

Performing a Crunch will isolate your abdominal muscles. Tighter abs will help pull your hips forward, from the anterior pelvic tilt position..



DIRECTIONS:

- Lay down on the floor with knees bent at 45 degrees. Place palms on your thighs.
- Top Static Hold Position is your lower back flat on the ground. Slide your fingers up to your knees. Lift the movement with your chest, NOT your neck or head. Think about rotating your pelvic area towards your chin, really engaging your lower abdominal muscles.
- If you feel pain in your neck then it is because you're lifting with your head and neck as opposed to your chest. Slowly disengage and re-attempt with proper form. Think about relaxing your head.
- Breathe in through the nose, out through the mouth. Let your breath fully exhale as though you are blowing air out of a straw. This will help better engage your abdominals. (Diaphragmatic Breathing).
- Perform this Isometric hold for 1 minute and 30 seconds elevated at the Top Static Hold Position. Mark down in progress journal the time you reach full exhaustion. (Try to beat that time, next time).



Kickback

Performing a Kickback engages your glutes, erectors, and hamstrings. This is great for lower back lumbar stability.



DIRECTIONS:

- Go down to hands and knees. (If you need to put a pillow underneath your knees, feel free to do so). Keep your wrist, elbows, shoulders all aligned. You can also go down on your forearms like Becky is doing (to keep your wrists out of the exercise).
- Top Turnaround is your leg elevated up, your knee bent to 90 degrees. Bottom turnaround is your knee just off the ground (make sure to keep your knee bent at 90 degrees the entire way up and down).
- Perform this movement 7 seconds slowly up and 7 seconds slowly down. Do not relax your muscles at the Bottom Turnaround.
- Do this for 1 minute 30 seconds. Mark down in progress journal the time you reach full exhaustion. (Try to beat that time, next time).
- Perform this exercise again on the opposite leg.

MS Workouts

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