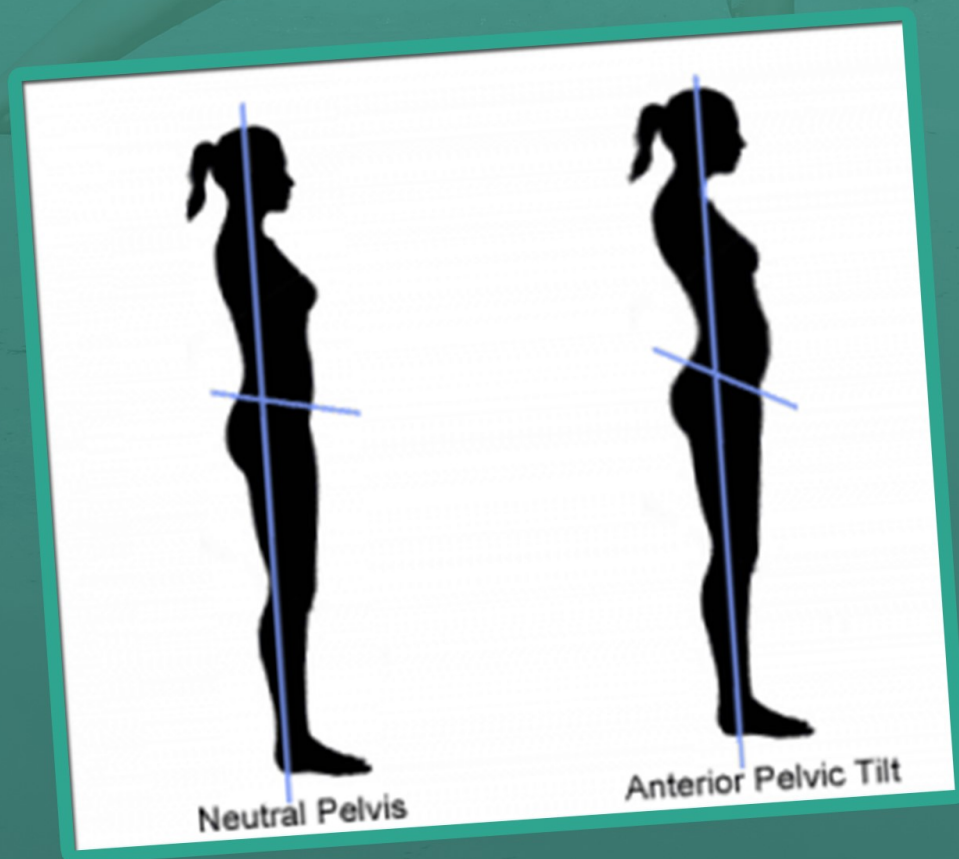


ANTERIOR PELVIC TILT ROUTINE

6 Minutes Routine Cheatsheet



Anterior Pelvic Tilt Routine Cheatsheet

With excessive anterior pelvic tilt, the goal should be to stretch and mobilize the tight areas first. Then, strengthen and activate ALL of the inhibited muscles responsible for posterior pelvic tilt to change the resting posture.

Below, I have provided you with a quick 6-minute routine to help you reset your pelvis into neutral position and treat the symptoms of anterior pelvic tilt.

This routine works to:

1. Stretch and lengthen the muscles that have become short and tight
2. Release anything that may be restricting the mobility of the hip capsule
3. Activate the muscles that have become weak and inhibited
4. Train and improve neural control in functional movements so that the proper patterns are ingrained into the movement

Technique	Reps / Hold Time
Child Pose (0 – 1st Minute)	1 min
Kneeling Hip Flexor Dual Contract Relax (DCR) Stretch (1st – 3rd Minute)	2 per side, 10 sec
Glute Bridge	15 sec
Plank Superset (3rd – 5th Minute)	4 times, 15 sec hold
Reverse Lunges in Posterior Pelvic Tilt (5th – 6th Minute)	1 min

Child Pose

✓ 0 – 1st Minute

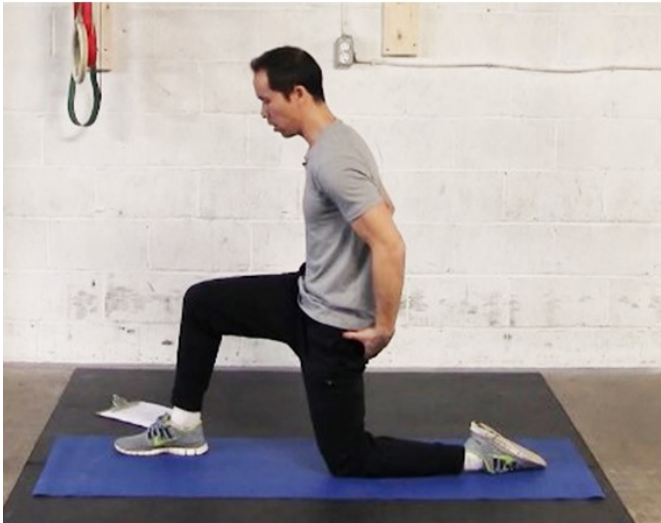
Take the first minute to relax and stretch the lumbar extensors using the child pose.



- 1 Lay Take a kneeling position on the floor or a mat
- 2 Place your hands out in front of you to support your weight as you open your knees to roughly hip width apart
- 3 Exhale as you lower your chest towards your thighs and feel your lumbar begin to lengthen
- 4 Place your forehead on the ground or mat and place your arms underneath you by your sides
- 5 Relax here and make sure you're breathing deep and comfortably

Kneeling Hip Flexor Dual Contract Relax (DCR) Stretch

✓ 1st - 3rd Minute



- 1 Take a kneeling lunge position on the ground with your front leg at a 90° angle in front of you
- 2 Attach a band at about knee height to a pole, or some other sturdy structure, and loop the other end of the band around your kneeling leg just under your butt
- 3 Slightly lean forward so that your hip on the side of you kneeling leg is in extension
- 4 Make sure you maintain good neutral posture, chin tuck and shoulders retracted back and down throughout this exercise
- 5 In this extended hip position, imagine your going to drag your knee forward without actually doing it. This will activate the psoas of the kneeling leg while at the same time activating the glute of your other leg. Hold this activation for 10 seconds
- 6 Relax now in the extended position and feel the stretch for 10 seconds
- 7 Now, squeeze the glute on the kneeling leg and use that squeeze to drive your hip forward into the extension
- 8 Focus and squeeze your glutes as tight as possible for 10 seconds
- 9 Relax your glute and hold the extended position for 10 seconds
- 10 Repeat 2 times per side

Glute Bridge and Plank Superset

✓ 3rd – 5th Minute | 4 reps

Perform this superset while maintaining a slight posterior tilt to help engage and activate the inhibited muscles.

Glute Bridge



- 1 Lay on your back with your feet flat on the floor, hip width apart, and your legs bent at a 45 degree angle
- 2 To get your mind focused on glute activation, make sure you alternate between contracting and relaxing your glutes before you begin the bridge.
- 3 When you feel like you have good control over your glute contractions, squeeze your glutes and elevate your hips to the sky driving your heels into the ground
- 4 Elevate your hips so that there is a straight line from the top of your chest all the way to the top of the knees and hold for 15 seconds
- 5 Keep the glutes tight and make sure you're breathing comfortably throughout the exercise

Plank Superset



- 1 Lay face down on the floor resting with your weight on your forearms and your legs
- 2 Make sure your shoulders are retracted back and down to set the scapula in position
- 3 Lift your hips off the ground to achieve the plank position with your weight now resting on your forearms and toes
- 4 Squeeze your glutes, quads and abs as tight as you can to activate the stabilizer muscles of your core
- 5 Hold this position for 15 seconds

Reverse Lunges in Posterior Pelvic Tilt

✓ 5th – 6th Minute

For the final exercise, you're going to perform reverse lunges alternating between legs for a minute straight.

Just like the last superset, you should perform this exercise with a posterior pelvic tilt until you feel your pelvic position has normalized.



- 1 Start in a standing position with our feet hip width apart, neutral posture and your chin tucked
- 2 Take a step back with one leg and make sure your only making contact on the ground with the ball of your foot
- 3 Make sure your hips are facing forward and there is no rotation of the torso or hips in any direction
- 4 Slowly lower your rear knee towards the ground by flexing at the rear knee and the hip of your front leg
- 5 Stop just shy of touching the ground with your knee and hold for a second or so
- 6 Stand up again by driving the heel of your front foot into the ground
- 7 Step forward with your rear leg so your feet are hip width apart again and repeat on the other leg