

**Pelvic Tilt**

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- On a padded surface, get on all fours with your knees under your hips and your wrists under your elbows
- Tighten your abdominal muscles, and round your back, pushing your back towards the ceiling. Return to the start position.
- Now, arch your back, tightening your back muscles as you lower your belly towards the floor. Return to the start position.
- This pattern continues, arch to round and back again for 30-60 seconds
- This is an active motion, not just a stretch. Really focus on tightening the appropriate muscle during each movement.
- Don't sag in your shoulders, actively push your elbows down, keeping your eyes to the floor
  
- Hold this position for 30 seconds, or as long as you are able. Rest for 30 seconds and repeat 5-10 times

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**Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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