

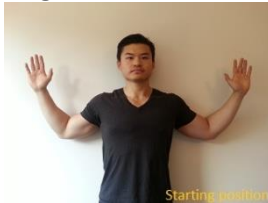
# 3x **BONUS** exercises to help fix your Anterior Pelvic Tilt

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## Exercise

## Instructions

### 1. Wall angel



- Stand with your back to a wall
- (Have the back of your feet about 30cm away from the wall)
- Engage your abdominals to flatten your lower back curve into the wall
- Keep your back and arms **pulled backwards** (as much as possible) to remain in contact with the wall throughout movements.
- Place your arms in the 'W' starting position.
- Transition to 'I' position.
- **10** repetitions x **3** sets

**Note:** Keep your lower back arch **completely** flat against the wall at all times!

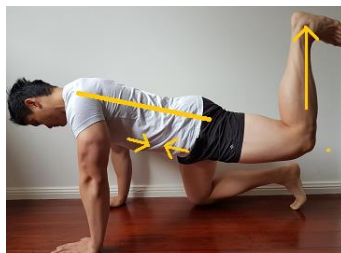
### 2. Pull down



- Whilst standing with a slight forward lean, pull the resistance band in a downwards motion.
- Keep your arms straight.
- Maintain braced abdominals throughout movement to **keep your lower ribs down**.
- Your torso should not move during this exercise.
- **10** repetitions x **3** sets

**Note:** Do not let your lower back arch when you are pulling the resistance band.

### 3. Kick back



- Whilst in the 4 point kneel position, engage your abdominal muscles.
- Extend your leg backwards as far as you can go **without arching your lower back**.
- You should be able to feel your gluteal muscles contract firmly.
- There should be no movement of your torso. Only your leg should be moving.
- Hold for **5** seconds.
- Alternate legs for **10** repetitions each.