



1. Pelvic tilt Lie down with your knees bent. Tighten your stomach muscles, flattening your back against the floor. Hold for 5 seconds. Repeat 5 times.



2. Stomach tone ('transverse tummy') Lie on your front with your arms by your side, head on one side. Pull in your stomach muscles, centred around your tummy button. Hold for 5 seconds. Repeat 3 times. Build up to 10 seconds and repeat during the day, while walking or standing. Keep breathing during this exercise!



3. Buttock tone (gluteals) Bend one leg up behind you while lying on your front. Then lift your bent knee just off the floor. Hold for up to 8 seconds. Repeat 5 times each side.



4. Deep stomach muscle tone (stabilizes lower back) Kneel on all fours with a small curve in your lower back. Let your stomach relax completely. Pull the lower part of your stomach upwards so that you lift your back (without arching it) away from the floor. Hold for 10 seconds. Keep breathing! Repeat 10 times.



5. Back stabilizer Kneel on all fours with your back straight. Tighten your stomach. Keeping your back in this position, raise one arm in front of you and hold for 10 seconds. Try to keep your pelvis level and do not rotate your body. Repeat 10 times each side. To progress, try lifting one leg behind you instead of your arm.