PROCEDURE

1. Begin on your hands and knees with a neutral spine.
2. Engage your core by pulling your belly button up towards the spine and tightening your pelvic floor muscles lightly.
3. Slowly extend one leg and the opposite arm outwards. Your hip will move into a hip extension as you do so.
4. While keeping your muscles engaged and maintaining a stable pelvis and spine, hold for 3 seconds.
5. Lower your arm and leg back to the starting position.
6. Repeat with the opposite arm and leg.
7. Repeat 10 times.
8. Complete 1 set 4 times a week.