

Pelvic Rolling

10 repetitions: **10x** rolling pelvis forward and backwards (incl. breathing in and out)

Note that:

- ☑ Position your feet at pelvis width and pull your feet close enough to your buttock, so that you feel comfortable and are able to stabilize properly while doing the exercise
- ☑ the space between your knees is at a width of 1.5-2 fists and should not change during the exercise
- ☑ your knees are pointing straight during the exercise
- ☑ While you are rolling your pelvis backwards, try to carefully push your lumbar spine onto the ground by pulling your belly button towards the spine
- ☑ while you are rolling your pelvis, your head and upper body should stay as still as possible - try to carefully pull your chin slightly towards your larynx
- ☑ the pressure of your feet against the floor should stay equal during the exercise, which means that, while you roll your pelvis backwards, you should not press your soles against the floor and your feet should not lift off the ground while rolling your pelvis forward