Platinum Health
4172 Lake Michigan Dr. NW Grand Rapids, MI 49534
616-419-4996
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Platinum Health Corrective Exercise Session 3

Plank with Glute Squeeze



Incorrect



Correct

Begin in the plank position on forearms. Squeeze the glutes and brace the abdominals to engage the core and bring your body into a position parallel to the floor. Aim to hold this position for a start of 30 seconds, gradually working your way up to 90 seconds - 2 minutes.

Bird Dog





Begin on hands and knees with head in neutral position. Slowly raise your left arm and right foot until they are both extended fully. Hold this position for 1-2 seconds before slowly returning to the starting position. Repeat with the opposite arm and leg. Perform 5 repetitions on each side per day.

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Glute Bridge





Begin by lying flat on back, with knees bent and feet on the floor. Arms can be straight up or flat on the floor by your sides. Press your weight into your heels and squeeze your glutes to lift your hips up off of the floor. Hold for 5-10 seconds before lowering down to the starting position. Perform 10 repetitions per day.

Dead Bug





Start by laying on the ground with arms and knees pointing towards the ceiling. Slowly lower your left leg and right arm until fully extended, but not touching the ground. Hold this for 5 seconds before slowly returning to the starting position. Repeat this with the right leg and left arm. Perform 5 repetitions per side once per day.