



## Anterior Pelvic Tilt Repair Guide

So lets get a few things straight...

**If you are solely doing this program and nothing else I would encourage you to do everything that is laid out how you see it in this print off.**

-If you're currently working out and want to incorporate this program I would suggest you work its prescription into your day however is easiest. Preferably after your workout.

-For the glute work below I am only showing the most foundation layer to activating the glutes and building the balance you need. If you would like more advanced movements just contact me.

-Understand that APT is something that takes YEARS to develop. This is not a quick fix program but it will give you the most efficient results possible as long as you follow the program 100%. On top of that, you have to give the program enough time to work.

-Don't just do this for a few weeks and give it up. The minimal amount of time I would suggest you set a goal for is 6 weeks. Depending on how sever your issue is it may take longer but give it at least 6 weeks before throwing in the towel.

Complete the first print off every day (If daily is too much at first cut back to every other day)

The second print off is done every other day.

# FITNESS BACK PAIN

## Anterior Pelvic Tilt Fix

Exercises	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Tissue Work</b>							
<b>Quad Roll</b> 3min (each leg) 2x/day							
<b>Couch Stretch</b> 3min (each leg) 2x/day							
<b>Hip Flexor Stretch</b> 3min (each leg) 2x/day							
<b>Core Work</b>							
<b>Dead Bugs</b> 3 x 10-12 reps							
<b>Band Holds</b> 3 x 15-25 sec holds							

Complete this workout 3 x a week



### Glute Activation and Strength Work

Exercise	Day 1	Day 2	Day 3	
One leg Raise 3 x 12-15 per leg				
Stability Ball Curl 3 x 10-12				
Hip Thrusts 3 x 12-15				