

# ANTERIOR PELVIC TILT

Here are some corrective exercises to implement into your program.



**Lying Glute Bridge**  
Glute and hamstring strength



**Half Kneeling Hip Flexor Stretch**  
Release tight hip flexor



**Bird Dog**  
Strengthens glutes and core stability



**Plank**  
Glutes and hamstring activation, adjusting pelvis towards a more posterior position.  
These are great and better than Sit Ups because they support proper posture and encourage proper alignment of the spine.