

Diastasis 101 Level 3 Exercises:

1. Level 1 in Standing - Repeat #4 from Level 1 in a standing position.
2. Single Leg Extension
 - a. Lay down on your back with knees bent.
 - b. Bring one leg up towards the ceiling, knee fairly straight
 - c. Inhale, exhale, contract TA/PF and then slowly lower leg toward the floor.
 - d. Only lower to the point where you can maintain TA/PF contraction and your low back MUST stay in contact with the floor the entire time. Do not let pelvis rotate or spine arch.
 - e. Watching for coning as you lower the leg. That might also show you your stopping point!
 - f. Inhale as you raise the leg back up.
 - g. Repeat 10x on one side and then 10x on the other side.
3. Crunch and Side Crunch
 - a. Lay on back with knees bent and hands behind head
 - b. Inhale, exhale and contract TA/PF as you lift the head and shoulders up into a crunch position.
 - c. Note: motion should come from your abs, not your neck, but make sure to keep TA/PF engaged as you lift!
 - d. You should not notice any coning as you lift.
 - e. Inhale and relax as you lower.
 - f. Then repeat crunch to the side, then middle, back to side, etc.
 - g. Do 5-10x each direction.
4. Side Lying Hip Raise
 - a. Lay on side with knees bent and hips stacked, weight on bent elbow
 - b. Inhale, exhale, contract TA/PF, and lift hips up
 - c. Inhale and relax as you lower down, and then repeat.
 - d. Watch for any coning as you lift!
 - e. Repeat 10x EACH side