

Diastasis 101 Level 4 Exercises:

1. Bicycle - lay on back. Bring one leg towards the ceiling while the other leg is bent at hip and knee. Bring hands behind head with elbows out to the side.
 - a. Inhale
 - b. Exhale and contract TA/PF as you gently bring bent knee towards opposite elbow
 - c. Make sure that you are using superficial abdominals to control this motion, not pulling on the neck
 - d. Inhale as you switch legs and relax the abdomen and then repeat on opposite side.
 - e. Do 10x ea side. Move SLOWLY
 - f. Focus on TA/PF contraction throughout and take note for any coning/increased pressure through the abdomen

2. Arm and Leg Reach in Supine
 - a. Lay on your back with knees bent. Elevate heels off the ground
 - b. Inhale
 - c. Exhale, contract TA/PF, and reach one leg out straight and opposite arm straight overhead. (opposite directions)
 - d. Inhale as you return to starting position
 - e. Exhale and repeat on opposite sides
 - f. Do 10x ea side
 - g. NOTE: the closer the leg is to the floor (parallel) the more challenging this exercise will be. Make sure that you keep the TA/PF engaged and keep the back flat and pelvis from rotating throughout the exercise to do it correctly. :) If you note coning at a certain position, then you'll need to bring the leg back up closer to perpendicular.

3. Quadruped Bear Pose
 - a. Start in quadruped position
 - b. Inhale
 - c. Exhale and contract TA/PF as you lift the knees off the floor, keeping back flat.
 - d. Hold through the exhale and lower down to starting position. Repeat 10x
 - e. Alternative. You can begin dissociating your breathing pattern and begin working on endurance of the inner core by doing a longer hold and breathing normally throughout. Goal: hold it for as long as you can engage TA/PF. May do less reps if you're working on a longer hold - ie: 5 reps of a 5 sec hold.

4. Modified Side Plank
 - a. Start laying on your side with bottom knee bent
 - b. Choose whether you're going to plank on forearm or plank on extended arm/hand.
 - c. Inhale and exhale/contract TA/PF as you rise into a modified plank on bottom knee.

- d. Hips should be pointed to the side, not towards the floor or the ceiling
- e. Breathe normally as you hold the plank while continuing to engage the TA/PF.
- f. Hold for as long as you can engage the inner core correctly. This may be for 2 seconds and it may be for 10 seconds. But once you feel it fatiguing, drop down, rest, and repeat again. If your hold is shorter, try 5+ reps. If your hold is longer, try 2-3 reps.