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.

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