

# Back core strengthening exercises

**Bridging (Do this for first 2 months )**

**15 repetitions of 10 seconds each three times a day.**



**The Dart ( from 2 months - 4 months )**

**15 repetitions of 10 seconds each three times a day.**



**Front Bridging ( 4 months - 6 months )**

**15 repetitions of 10 seconds each three times a day.**

