

Abdomen

- 1) **Crunches**- lay on back with knees bent. Pull bottom of ribs toward pubic bone, this will lift shoulders and upper back slightly. Variations- place hands on abs, crunch and twist shoulder toward opposite knee and reverse crunch (raise pelvis and knees to chest). Repeat until mild burning/fatigue in abs.
- 2) **Butt Ups**- Lay on back with feet on floor with knees bent, raise pelvis up from floor, and hold for 5-10 seconds. Lower and repeat. Variations: (1) Butt up- rock feet with alternating motion. (2) Butt up with marching motion, small steps. (3) Butt up with kicking motion.
** During all butt ups must keep your pelvis level, this is critical.
- 3) **Bow Pull**- Standing, extend one arm like holding a bow. As you are “pulling back” with opposite hand, rotate trunk away from pulling hand until at full rotation, full draw, in this position your shoulder blades should be close to touching – slowly rotate trunk to opposite side to until at “full draw.”
- 4) **Side Planks**- Lay on side with knees bent – support trunk with forearm (not elbow). Aim upper arm at the ceiling, lift pelvis lateral toward ceiling without rotation – drawing abdomen toward spine at the same time. Hold for 5-10 seconds lower to floor and repeat. Variation- front plank- support on both forearms, face down with rigid posture.