

Abdominal Strength Exercise

Grade 5/5



A. Pull your **BLADDER MUSCLES UP AND IN**, then: **•FLATTEN YOUR STOMACH** with belly-button “in”, **RIBS PULLED DOWN** toward your pelvis.



B. Lift one leg up, then lift the other leg up to the same position as the first leg without losing your abdominal holding position.



C-D. Slowly extend both legs “from belly button to heels” **WITHOUT TOUCHING THE HEELS TO THE FLOOR.**



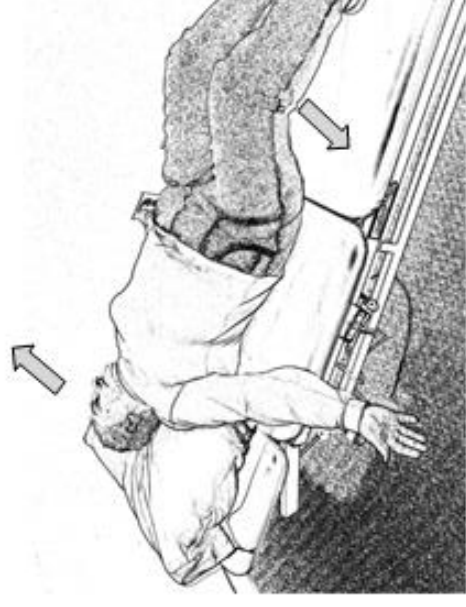
B-C-D. Repeat, always bending knees as you extend and return. •Change directions with each lift: **“CENTER, HEELS TURNED 5° LEFT, CENTER, HEELS TURNED 5° RIGHT.”**



•Goal: Heels 6 inches above surface. 12 repetitions from starting position of back lying with knees bent. **•NEVER ARCH THE BACK!**

Lift and replace legs one at a time at beginning and end of set! (A)

Trunk Rotation Exercise



- Lie on back with knees bent, arms outstretched
- SLOWLY turn head one way & knees opposite
- KEEP FEET TOUCHING SURFACE!
- May put BALL between knees for PELVIC FLOOR (bladder) STRENGTH!

Repeat ___ times ___ per day.