

Abdominal Strength Exercise Grade 1/5



A. PLACE YOUR FINGERS JUST ABOVE YOUR PUBIC BONE TO FEEL THE MUSCLES WORKING

- Pull your **BLADDER MUSCLES UP** and in
 - **FLATTEN YOUR STOMACH:** belly-button “in”, **RIBS PULLED DOWN** toward your pelvis.
- B, C, D. Practice in any one of the positions pictured.**

• **GOAL:** Maintain a visible contraction between ribs and pelvis 5 times in a row for 3 seconds each.

• **HINT:** “**BELLY LAUGH**”, **BIG BREATH “OUT.”**



A. Pull your BLADDER MUSCLES UP AND IN, then:

- **FLATTEN YOUR STOMACH** with belly-button “in”, **RIBS PULLED DOWN** toward your pelvis.

B-C. Alternate between LIFTING EACH ARM AND LEG ONE AT A TIME.

- **GOAL:** Repeat these moves 5 times in a row, “round robin” maintaining a visible contraction between ribs and pelvis for grade 2/5

D. For grade 2+/5 exercise, PUSH HAND AGAINST OPPOSITE KNEE, for a few seconds, keeping stomach flat.

