

## Abdominal Strength Exercise Grade 3/5

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

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

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

• Goal: 12 repetitions alternating initial lift of right and left legs.  
**NEVER ARCH THE BACK!**



## Abdominal Strength Exercise Grade 4/5

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

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

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

C-D-E. Alternate leg extensions **WITHOUT TOUCHING THE HEEL TO THE FLOOR**

• Goal: Heel 6 inches above surface. 12 repetitions alternating legs.

**NEVER ARCH THE BACK!**



**Lift and replace legs one at a time at beginning and end of set!**