

Perform Daily



1. perform 2 sets 10 crunches per side. Start with leg extended as shown and opposite arm touching back of head, then crunch up touching opposite knee and elbow together in the air as shown. Move slowly. Do all on one side, then the other.



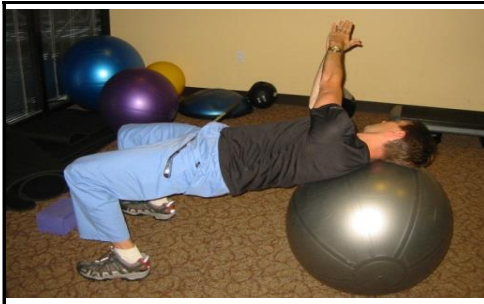
2. Perform 10-12 roll outs. Start on knees with hands on ball. Suck abdominal muscles inward and roll out as far as you can without arching your back, or feeling your back muscles contract, then pull up to starting position, all abs and lats, should not feel the back or you went too far, or arched too much.



3. Try 5-10 tucks per leg, working up slowly. All on one leg, then the other leg. Move slowly, keeps abs engaged, round back up to tuck the knee.



4. Perform 2 sets of 20 side crunches per side. Spread bottom foot forward, top foot backward and keep a slight bend in your knees as you lean over the ball as far as you can without pain. Perform all on one side, then the other, then rest 60 seconds.



6. Perform 10 repetitions to each side. Start with head and shoulders on the ball as shown. Rotate your torso as far as you can without twisting your hips. Rotate in both directions slowly.